



Lifestyle Try spring cleaning your skin this season



Sports **Austin Prep takes D1** State Championship B1C

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WEDNESDAY, MARCH 23, ZUZZ

2 PAGES



donations from team building event

By LIZZY HILL **News Correspondent**

WILMINGTON — The Wilmington franchise location of national moving company TWO MEN AND A TRUCK partnered with team building company Cheeriodicals

to deliver more than 45 boxes of gifts to children at the Franciscan Children's Hospital in Brighton on Thursday, March

TWO MEN AND A TRUCK's longstanding partnership with Cheeriodicals began more

than 10 years ago, according to Charlene Bush, Marketing Director of seven franchises. Bush explained that Cheeriodicals President Gary Parisher sought the connection with TWO MEN AND A TRUCK for a national partnership after a good experience moving with them and seeing their logo, which says, "Movers Who Care."

Cheeriodicals brings corporate team building activities nationwide to companies to help their teams bond and also benefit those in need. Cheeriodicals supplies all of the materials and surprises that the company team will pack that day. They also give a short presentation explaining why they hold these types of events and what will go inside of the boxes.

The company assembling the box gets the satisfaction of doing something fun together and spreading joy to those in need — at either a children or veterans' hospi-

tal nearby. From the Cheeriodicals website, it describes that the company can choose from 50 gift categories of alternative items which Cheeriodicals will supply for teams of anywhere between a dozen and a thousand to pack into boxes. Where TWO MEN AND A TRUCK comes in is with packing the truck and delivering the boxes to the selected hospital wherever Cheeriodicals is working with a hospital in one of their areas.

The box packing on March 17 which TWO MEN AND A TRUCK supported with delivery was given to Franciscan Children's Hospital. In

this case, the company packing the boxes gave the result of their team building activity to sick children, and the children at the hospital received all sorts of surprises crayons, coloring books, stuffed animals, comic books, and more. Two movers came out to pack and drive the moving truck that day to Fran-

ciscan Children's Hospital in Brighton. Bush told the story of TWO MEN AND A TRUCK's founder, Mary Ellen Sheets, who donat-

ed her first paycheck

with the company of \$1,000 to 10 different char-

"We've been giving back since we first started in the '80s," Bush continued. "It's something that this company has been built on."

TWO MEN AND A TRUCK holds core values of integrity, inclusion, compassion, being your best and having fun, giving back to the community, and something they call the "Grandma Rule," which is to say,

TRUCK | PAGE A11W

Board of Selectmen race now uncontested after candidate drops out

By CASEY STEVENSON **News Correspondent**

WILMINGTON — The annual Wilmington town election is still underway, as certified candidates begin to campaign and garner support. However, one of the races just became uncontested.

In the race for the two open seats on the Board of Selectmen. Paul Sarnoski, a newcomer, has withdrawn from the race. This

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withdrawal leaves the two seats uncontested for Kevin A. Caira and Gregory B. Bendel to be successfully re-elected. Bendel and Caira will serve for another three years on the

The three open School Committee seats, as of now, will be filled by Jason Samaha, Stephen G. Turner, and Jesse Fennelly. Samaha and Fennelly are running for re-election, while Turner will be new to the board. All three will serve the board and town

for three years. Newcomer Gwendilyn Hupper-Lawson runs unopposed for the one open seat on the Shawsheen Tech School Committee. Hupper-Lawson will serve for three years.

ELECTION | PAGE A2W

To replace New Boston Street bridge at Wilmington line

\$23.5M contract signed by Woburn mayor

By JIM HAGGERTY **Special to the Crier**

WOBURN — All systems are a "go" for the New Boson Street Bridge connecting North Woburn to Wilmington after decades of being inoper-

"I have signed the contract," noted Woburn Mayor Scott Galvin. The bridge is over the MBTA Railroad trtacks behind the Anderson Transportation Center.

The low bidder of the construction contract was awarded the contract at a price of \$23,549,743 to be paid by the Massachusetts Department of Transportation, including some 10 percent more if deemed necessary by the contrac-

The contract was signed by Mayor Galvin and the Mass. DOT with the A. A. Will Corporation of Stoughton given the contract.

The much-needed bridge will be a major connect between Woburn, Wilmington, Reading and other area communities as well as quick access to the Anderson Transportation Center and I-

The roadways in the area are also expected to enjoy some relief as cars, tractor-trailers, struction equipment and the like will be kept off city and town streets with a more direct access through the area an area experiencing unprecedented condo-apartment growth, as well as commercial properties.

According to their report, A.A. Will Corporation does all phases of heat and civil construction. They also boast of being the oldest familyoperated construction company in the greater

Boston area. Among their projects are many around Boston Harbor, including buildings like the Boston Garden, as well as Fan Pier and Pier 4.

Oddly enough, while talking millions, the #2 bidder was the Barletta Heavy Division Inc. (\$23, 600,000) and #3 MIG Corporation (\$23,857,557).

The City of Woburn will also keep its long association with Vanasse Hangen Brustlin Inc. of Watertown in overseeing the site preparation, construction and other needs

for the site.

Maps of the future of the area have also been on file with the city for a long period of time.

The old wooden bridge was the subject of a fire in 1972 and inoperable for half a century.

According to earlier documents reported in the Daily Times Chronicle, "The cross sections of the bridge will consist of two 11-foot travel lanes in each direction, 5-foot outside shoulders, and 5.5-foot sidewalks separated by a guardrail. The ENF further explains Improvements to New Boston Street include uniform roadway reconstruction, a new driveway connection, and addition of sidewalks. A

BRIDGE | PAGE A11W

Wilmington Library News:

In-person Cookin' the Books is back on Monday at noon

Minute Madness All-Ages Reading Challenge -

Help Us Read Our Way to the Championship! Brought to you from the same library who won Reading Rivals (us), there is a new reading competition on the horizon! Join us for "Minute Madness" as we try to out-read other MA libraries until the championship round on March 22. Sign up now on the Beanstack app or pick up a paper log from the library so you don't miss the action.

> **Poetry Contest Submissions** Now Open!

This year's annual poetry contest theme is Adventure. Where would you like to go on your adventure? Who would you take with you on your adven-

All ages can submit a poem now through April 23. Contestants can submit digitally on our website or bring their poem to the library.

> PJ Drive -All March Long!

Cradles to Crayons®, the Boston Bruins, Massachusetts Board of Library Commissioners, and Wonderfund are coming together to collect new pajamas for local children living in low-income and homeless situations. Bring in your brand-new pajamas, sizes 2T - adult medium to put in the donation box on the first floor.

> **Puzzle Donations Being Accepted**

We are collecting used puzzles for the Used Puzzle Palooza on April 9. Please drop off your donations at the first floor circulation desk. We appreciate your support!

Adult Programs

INDOOR Drop-In Tech Help

Monday, March 28, 7 p.m. Tuesday, March 29, 1 p.m. Wednesday, March 30, 2

Have a tech question that's been bugging you? Stop by Drop-in Tech Help.

INDOOR

Cookin' the Books Monday, March 28, 12 p.m.

Cookin' the Books is back to meeting in-person at the library! If you love to cook and enjoy talking about food and sharing recipes then this group is for you. Pick up a copy of the cookbook (or find a recipe from the book online), register on the library events calendar and record your recipe. Bring your dish to the meeting and enjoy sampling everyone's dishes!

VIRTUAL The First Kennedys — The Humble Roots Of **An American Dynasty** Tuesday, March 29, 7 p.m. Author Neal Thompson

will discuss his new book, The First Kennedys: The Humble Roots of an American Dynasty. Explore the inspiring story of the poor Irish refugee couple who escaped famine, created a life together in a city hostile to Irish, immigrants, and Catholics, and launched the Kennedy dy-

> VIRTUAL **Inside The Great Boston Fire**

nasty in America.

Thursday, March 31, 7 p.m. Boston author Stephanie Schorow will recount the fire's history from the foolish decisions that precipitated it to the heroics of firefighters who fought it. Experience the drama of a life-and-death battle in the heart of the city.

VIRTUAL

Saturday, April 1, 9:15 a.m. Love writing fiction? Whether you are drafting a short story or a novel,

Fiction Critique Group

joining our Critique Group is a great opportunity to meet other writers and get constructive feedback in a supportive environment. Open to all experience levels writing in all genres. Led by local writing enthusiast, Barbara

Youth Programs

Alevras.

INDOOR STEAM Team

Monday, March 28 3:45pm, Grades K-2 6:30pm, Grades 3-5 Learn and have fun at the same time in this engaging STEAM program!

> WML In-Person Programming

Registration is required for most in-person programs. Please check our

website on the day of the program to confirm location. Masks are no longer required for vaccinated patrons while visiting the

> WML Virtual Programming

The library continues to offer a variety of virtual events. Please note that registration is required in order to receive the Zoom link. Go to wilmlibrary.org to register or call 978-658-

Book Store Next Store, 183 Middlesex Ave.

Open Saturdays & Wednesdays, 10 a.m. - 4 p.m. Shop discount books! Paperbacks for \$1 and hardcovers for \$2.

The Book Store is staffed by volunteers from the Friends of the Library and all proceeds help support library programs.

News and notes from WCTV

Hello friends and neighbors! Here's what's going on at WCTV!

REGISTER NOW FOR WCTV's SUMMER YOUTH PROGRAM!

WCTV is excited to announce that our Summer Youth Program is back. Your child will have the opportunity to learn about Video Production by participating in one of our themed, week-long sessions. The Summer Program runs Monday through Friday from 9 a.m. to 3 p.m. at WCTV studios. These sessions are divided into age groups ranging from 9-16 years old. To register your child or for more information, contact WCTV's Youth Director, Ashley Stevens at: ashley@wctv.org or at (978) 657-4066. If you'd like to register on-line or learn more about the program,

head to: wctv.org/youth.

eight participants per week so don't delay as this popular program fills up fast. *Please note: Week 2 (for returning students) is sold out.

Meetings covered by

Monday, March 28, 7 p.m. - Board of Select-

View on channels: Verizon 37, Comcast 9

WCTV is located at: 10 Waltham Street, Wilmington

Office Hours by Appointment: (978) 657-4066 Questions about WCTV? Contact info@wctv.org

WCTV Channels: Public Channel: Verizon 37, Comcast 9 To watch programs On-Demand or for more

information check us out at WCTV.org Follow us on Facebook: Wilmington Community

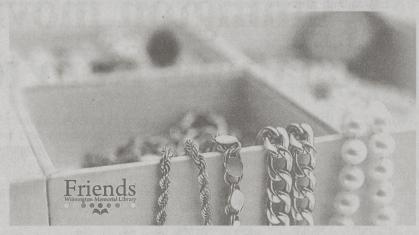
Television.

Gently Worn Jewelry Sale Friends of the Library Gently Worn Jewelry Sale on Friday, April 8, 5 - 8 p.m. and Saturday, April

ton Memorial Library. Attention jewelry lovers, thrift shoppers, and crafters! Plan to stop by the Friends of the Wilmington Memorial Library Gently Worn Jewelry Sale on April 8 and 9. There will be an incredible volume of jewelry to select from, most pieces are less than \$5, and as low as \$1. If you're looking for something to jazz up an outfit, use for crafts, or give to a friend you will definitely find what you're looking for!

9, 9 a.m. - 2 p.m. on the Second

Floor Conference Room, Wilming-



All proceeds from the sale benefit the library. In addition, from 10 a.m. zle Palooza. Pick up a few new-to-you - 12 p.m. on Saturday, April 9 the puzzles to take home with you.

library will be hosting its Used Puz-

Rink and Recreation Com. looking for survey feedback

Wilmington's Rink and Recreation Committee released a survey in the spring of 2021. Please take a few minutes to complete this follow-up survey so that the committee can

learn more about initial feedback that was received. The survey can be accessed by the following link: https://www.surveymonkey.com/r/9K8HZFT

Advertisement It's Your Money by Todd Brisbois



SMALL BUSINESS OWNERS SHOULD SEE IF THEY QUALIFY FOR THE HOME OFFICE DEDUCTION

— PART I —

Many Americans have been working from home due to the pandemic, but only certain people will qualify to claim the home office deduction. This deduction allows qualifying taxpayers to deduct certain home expenses on their tax return when they file their 2021 tax return. The following should help taxpayers understand the home office deduction and determine

whether or not they can claim it: Employees are not eligible to claim the home office deduction. The home office deduction, reported on Form 8829, is available to both homeowners and renters. There are certain expenses taxpayers can deduct. They include mortgage interest, insurance, utilities, repairs, maintenance, depreciation and rent. Taxpayers must meet specific requirements to claim home expenses as a deduction. Even then, the deductible amount of these types of expenses may be

The term "home" for purposes of this deduction: • Includes a house, apartment, condominium, mobile

home, boat or similar property which provide basic living accommodations.

• Includes separate structure on the property such as an unattached garage, studio, barn or greenhouse.

Any portion of a home used exclusively as a hotel, motel, inn or similar establishment does NOT qualify as a "home" and, therefore, does not qualify for a home

office deduction. Presented as a service to the community by

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Reading Coop Bank adds new staff to banking team

READING - Reading Cooperative Bank (RCB) has announced the hiring of several new staff members. Kirsy Avarado, Senior HR Generalist, Karen McCormack, VP & Senior Credit Officer, Christina O'Brien, Assistant Branch Manager at Lowell Street in Wilmington, Julien Aybar, Deposit Operations Specialist, and Ingrid Joaquim, Deposit Operations Specialist, are joining RCB at a key inflection

point in the bank's histo-

"We're filling some key positions to account for all of the recent growth that the bank has experienced," said Maxine Hart, Chief Human Resources Officer. "Between our acquisition of the two Coastal Heritage Bank branches in Lynn and Nahant and the construction of a brand-new location in Lawrence, RCB is increasing its balance sheet, which opens up new opportunities for gifted indi-

viduals to come aboard and contribute to our team. It's an exciting time for everyone involved, and I look forward to our new employees bringing their skillsets to the table and helping us embark on this journey together."

About Reading Cooperative Bank

Reading Cooperative Bank is a depositor owned co-operative founded in 1886. This community-centric North Shore financial service provider has branches in Reading, Wilmington, North Reading, Andover, and Burlington. They also operate teaching branches at Northeast Metro Tech in Wakefield (open to the public) and at Reading Memorial High School (students and staff only), as well as an online branch at www.readingcoop.com.

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No contested races on

ballot in Wilmington



Town of Wilmington

Board of Health 121 Glen Road Wilmington, Massachusetts 01887

Wilmington Annual Rabies Clinic **Public Buildings Department,**

30 Church Street Saturday, April 2nd, 2022

Wilmington residents only Dogs must be on a leash and cats in a carrier Cost: \$10.00 per animal

12 Noon to 2 p.m.

For your convenience, the Town Clerk's Office will be available at the Rabies Clinic to process your 2022 Dog License if you have not already done so. Cost: \$10.00 spayed/neutered,

\$15.00 non-spayed/non-neutered.

Remember, there is a late fee added after April 2, 2022.

phy runs for re-election unopposed for the one open Wilmington Housing Authority seat. Murphy will serve for the longest term of the elected seats, with her term

ELECTION FROM PAGE 1

Finally, Stacie A. Mur-

being for five years. With the election date being one month away, residents are reminded that the final day for newly eligible voters to be able to register is April 1, 2022. Citizens are able to register to vote

and check their registration on the Town of Wilmington website under the Town Clerk Voting & Elections Section. Voting will take place on April 24, 2022 at designated voting locations by precinct.

And precincts have shifted due to the 2020 Federal Census requiring the town to make precinct changes. Affected residents should have been notified by mail, and residents are encouraged to contact the town clerk with any questions.

OBITUARIES

David F. Carroll

Joined the United States Army Reserves

David F. Carroll, age 74, of Wilmington and Winter Harbor, ME, formerly of Wakefield, passed away peacefully

on March 19, 2022, at the Lahey Hospital in Burlington, sur-

rounded by family.

David was born on April 23, 1947, in Medford; he was the dear son of the late Elmer and Ruth Carroll. David was raised and educated in Wakefield, and was a graduate of Wakefield High School with the Class of 1965.

Throughout his life, David stayed involved with the community of Wakefield. He was very active in the Westside Social Club, he enjoyed being part of the town's Fourth of July festivities and annual pa-

Following graduation, in May of 1966 during the Vietnam War, David enlisted in the United States Army Reserves. Upon completion of Reserve training, David was called to active duty with the First U.S. Army at Ft. Eustis in Virginia.

At the completion of his active duty, David was honorably discharged back to the reserves and completed his duty in December of 1971.

David was very bright and well read; he continued his education at the University of Massachusetts Boston where he earned his bachelor's degree, and in post-graduate work in the banking industry. David's education led him to a long and successful career.

David spent his early career at Shawmut, and then with the People's Heritage Bank in Maine, before taking a position as COO at Massbank. David worked until his early retirement at Massbank's headquarters in Reading, where he helped to take Massbank

David married the "love

of his life and best friend" Ruth Bennett on Sept. 20, 1975. The couple made their home in Wilmington in 1983, they raised two wonderful children and shared nearly 40 years together before Ruth's untimely passing in 2015.

David quickly became involved in his new community after settling in Wilmington. He coached youth sports, was a member of the town committees, and volunteered countless hours with the Wildcats Booster Club.

David's family was always his priority and his devotion to them was evident in everything he did. David was a great source of support, encouragement and guidance to his children; he was cheering them on while they played sports, was in the audience during school events, and encouraged them to follow their dreams as they became

David also treasured his role as "Papa." He adored his grandchildren and looked forward to the time they spent together.

David and Ruth enjoyed spending time in Winter Harbor, Maine, and they bought land and a home there in 2002. This proved to be a great place to bring family and friends together. David became a summer resident of Winter Harbor where he spent most summers with Ruth and the family; they enjoyed exploring the coast, photography, playing golf, and having friends and family together.

David will be remembered as thoughtful, kind, caring and always willing to help others. David had a quiet demeanor, a big smile and a huge heart; he was a wonderful family man, a great neighbor and a true friend to many.

David was the beloved husband of the late Ruth A. (Bennett) Carroll, devoted father of Brian Carroll and his wife Heather of



Norwell and Kimberly Flanagan and her husband Sean of Wilmington, loving "Papa" of Pace, Reagan, Bennett and Elijah.

Cherished son of the late Elmer and Ruth (Cooper) Carroll, dear brother of Paul Carroll and wife Nanci of Florida, Kathy Baxter and husband Robert of Pepperell, Sheila Parr and husband David of Wakefield, Susan LeDuc and husband William of Rochester, NH, the late Joan, Thomas, and Christopher Carroll.

Brother-in-law of Cheryl Carroll and David and Gloria Bennett.

David is also survived by many nieces, nephews, and friends.

Family and friends will gather at the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Thursday, March 24 at 9 a.m. followed by a Mass of Christian Burial in St. Thomas of Villanova Church, 126 Middlesex Ave., Wilmington at 10 a.m. Interment Wildwood Cemetery, Wilmington. Visiting hours will be held at the Funeral Home on Wednesday, March 23 from 4 -8 p.m.

In lieu of flowers, donations in David's memory may be made to Special Olympics of Massachusetts, 36 Newbury St., Boston, MA 02116, which David supported throughout his life.

> www.nicholsfuneralhome.com

Planning Board reviews Trull Brook changes

By ROSALYN IMPINK **News Correspondent**

TEWKSBURY - The Planning Tewksbury Board met for an in-person meeting on March 14, 2022 in Tewksbury Town Hall. All members were in attendance.

The board reviewed a site plan special permit and land disturbance permit for Trull Brook Golf Course at 160 & 170 River Road. Owner Roy Trull and his consultants Dave Plunkett, Meera Cousens, and Jim Hanley explained that proposed changes to the property seek to respond to shifts in the market to remain competitive.

The planned changes, including a new parking lot and converted tennis hangar, will allow the course to "present services in a more orderly fashion" and be "better for the neighborhood." The existing parking lot will be reserved for tournaments and the new parking area will be for daily golfers.

The lot will be realigned and reconfigured for a total of 334 parking spaces, with a new stormwater management sys-

Trull hopes to start construction in the fall, but the timeline will be partially determined by construction costs, including the price of materials. Trull is planning to add restaurant space, a new clubhouse, and golf simulators in the place of four existing indoor tennis courts.

Chair Steve Johnson urged residents to look at the "bigger picture... if you don't help businesses grow and do well, what goes in [that property] if this isn't there? A good portion of this is [zoned] R40 — that means houses. When we do this we have to think about the bigger picture, too. That's one of the reasons why I don't have an issue with what's in front of me."

Member Vinny Fratalia thanked Trull and his family for the usage of free tee times at the course by the varsity golf program at Tewksbury Memorial High School, a team on which his son played and he previously helped coach.

Resident Michelle Bakke of Yorkie Way, located directly across from the course's driveway, was "taken aback" by the design of the new entrance. She explained that she and neighbors have lost several mailboxes and have experienced motor vehicle crashes in the area due to speeding cars. She voiced concerns about summer curfew hours and drinking and driving; she requested increased signage and a potential sidewalk to serve as a buffer between

the road and houses. Johnson proposed increasing internal controls for the parking lot, such as speed bumps.

"You're going to want something to keep people at a slow speed," he

Plunkett requested an expeditious process for the permit approvals, noting that "time is money" for Trull. He expressed that the proponent would be looking for a vote at the board's next meeting.

"If you can get yourselves squared away with the town engineer, there's not much more we're involved in," Johnson said.

The board continued the discussion to March

The next meeting is scheduled for March 28, 2022. Residents may find previously recorded meetings at youtube.com/ TewksburyTV. The meeting may be viewed on Comcast channel 99 and Verizon channel 33 or attend in person at town

Diversity, equity and inclusion survey

TEWKSBURY - On sights necessary for comports TDEIAC's goal in Wednesday, March 16, 2022, the Town of Tewksbury will launch its first ever survey to town residents and employees to learn more about their experiences and perceptions of the community related to diversity,

equity and inclusion. This brief survey, which takes 10-12 minutes to complete, asks residents and employees to consider their experiences with schools, town offices, events, and across the community. The purpose of the survey it is to provide town leadership with the data and inmunity improvements, informational opportunities, and focal areas.

developed and will be utilized by the Tewksbury Diversity, Equity & Inclusion Advisory Committee (TDEIAC). This committee was established in 2021 by the Select Board. TDEIAC is charged "to promote Diversity, Equity, and Inclusion and build a stronger, more unified, welcoming town that respects and recognizes both its growing diversity, and its commonali-

assessing our community needs.

The members This survey has been TDEIAC encourage all residents and town employees to complete the survey either electronically via this link: https: //www.surveymonkey.com /r/GZD296D or on paper. Paper copies of the survey can be found at the Town Manager's Office (Town Hall, third floor), the Tewksbury Library, or the Senior Center. Results of this survey will be shared with the Tewksbury Select Board in Summer 2022.

Nancy Fitts-Neilson Worked in retail photography for many years

Nancy Fitts-Neilson of East Boothbay, Maine died on March 13.

She was the wife of Larz F. Neilson, former editor of the Town Crier. They moved to Boothbay Harbor

A native of Framingham, she graduated from Framingham State College, majoring in art history. She worked in the retail photographic business for many years, then as an activities director in

a nursing home.

The Neilsons bought the iconic bridge house in Boothbay Harbor and ran a gift shop there for several years. They later built their home in East Booth-

Ruth Alice Steiner

Loved jigsaw puzzles, cooking and Bob Ross

burn, passed away on Tuesday morning, March 15, at the age of 48 years old.

Born in Stoneham on Dec. 17, 1973; raised primarily in Derry, NH; she is the daughter of Beth Sandvik Lafayette and her late husband John of Woburn. Also the daughter of the late Herbert Steiner and his wife Sandra of Wilmington.

Ruthie, as she was known to her family and friends, loved "rocking out" to 80's hair bands, watching Bob Ross, color by number, jigsaw puzzles, cooking and WWE wrestling. Ruthie was also an animal lover and greatly adored spending time with her nieces and nephews.

In addition to her parents, Ruthie is survived by her sister Liz Spath of Wind-

Ruth Alice Steiner, of Wo-ham, NH, sister Sarah Russell and her husband Jeff of Port Saint Lucie, FL, sister Ashley Cail and her husband Gordon of Billerica, step brother Robb Wagg and his wife Nicole of Danville, NH and brother William Steiner and his wife Kayla of Wilmington, as well as many loving aunts, uncles, nieces, nephews, cousins and friends.

> Visiting hours will be held at the Graham Funeral Home, 3 Arlington Road, Woburn on Friday, March 25 from 4 to 7 p.m. A funeral service will be held at Montvale Congregational Church, 36 Orange St. (corner of Central Street) Woburn on Saturday, March 26 at 11 a.m., followed by interment at the Woodbrook Cemetery, Woburn.

In lieu of flowers, donations in Ruthie's memory



can be made to the Montvale

Congregational Church, PO Box 76 Woburn, MA 01801, or the William Syndrome Association, 560 Kirts Boulevard, Ste 116, Troy MI 48084, (http://williams-syn drome.org/donate)

Three Tewksbury students graduate from UNH

ties." This survey sup-

DURHAM, NH - The following students graduated from the University of New Hampshire in December 2021. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64.

Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

• Alexandra Kelly of Tewksbury

• Matthew Rauseo of Tewksbury

· Vaishali Shroff of

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.



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Evening and weekend appointments are available.

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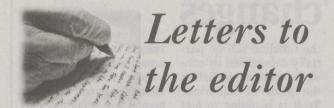
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You work so hard for your family, so knowing that you've planned for their well being and financial security can bring you peace of mind.

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'Experienced' Buckley right candidate for **Tewksbury Select Board**

To the editor,

We encourage the voters of Tewksbury to vote for JoMarie Buckley to the Select Board on Saturday, April 2, 2022.

Without hesitancy or uncertainty, we believe she will make a great addition to the Select Board. JoMarie has considerable experience in this position since previously serving in this capacity in Wilmington prior to moving her family to Tewksbury. Her previous role will enable her to bring a fresh sense of experiences that will no doubt lead the town in developing new ideas that will benefit its residents.

It is clear to us that JoMarie loves serving her community and wants to continue to serve in a capacity where she can do wonderful things for the place she now calls home. JoMarie is realistic and her optimistic understanding into our community's problems and needs will no doubt help our town continue to more in a positive direction for the most important thing, the betterment of Tewksbury.

Please join us in VOT-ING JoMarie Buckley to Tewksbury's Select Board on Saturday, April 2, 2022.

> Sincerely, David and Cheryl Gay

Support dedicated, determined Wellmen for **Tewksbury Select Board**

To the editor.

We are proud to announce that we will be endorsing Jayne Wellman for a second term on Tewksbury's Select Board. We have both had the privilege of working with Jayne over the past decade and can fully vouch for her strength of character, dedication, effectiveness, and determination when it comes to doing the right thing for the Town of Tewksbury.

As a current member and Vice-Chair of the Select Board, Jayne has worked diligently on ensuring initiatives come to fruition. In addition to her current position on the Select Board, Jayne also served on Tewksbury's School Committee as well

as serving as the towns first female Town Moderator where she again did an exemplary job in both these roles.

Jayne has always maintained and continues each role with a very positive and friendly attitude towards all. She is a doer and gets the job done, not for the glory or a pat on the back, but for the real reason, to ensure Tewksbury is a great place to live for all its current and future residents.

We ask that you please weighing your choice for Heath Brook or Trahan join us in VOTING for Tewksbury School Com-Jayne Wellman to Tewksbury's Select Board on Saturday, April 2, 2022.

Sincerely, David and Cheryl Gay

Burgett-Yandow, Amato top candidates for **Tewksbury Board of Health**

To the editor.

We would like to make our recommendations for Nicole Burgett-Yandow for the Board of Health in the April 2, 2022 election.

She graduated magna cum laude with a Bachelor of Science in Nursing from Northeastern University. Later graduated summa cum laude with a Masters of Science in Nursing from UMass Bos-

Besides her academic achievements, she has done extensive work in the field of nursing as well as co-authoring several research articles. She has the necessary work ethic, drive, nursing skills and ability to communicate clearly. She would be a valuable member on the Board of Health.

We also recommend Susan Amato. Susan brings her years of experience with running a business where health and safety are primary goals. She places improved public and inter-departmental

communications as major goals she wishes to accomplish. This emphasizes letting the public know what health services are available and making them easy to access.

Also, she will make sure that various town departments communicate with each other — starting with the Board of Health.

She will make sure that getting the necessary permits to start a business will be easier than it has been in the past. Businesses and homeowners who need to get permits will be given accurate information and be sent to cock, or leading a fitness the right people when nec- class for the No Excuse essary. This kind of serv- Moms, Tewksbury chapter. ice will make potential business owners more likely to settle in Tewksbury.

These reasons combined with her work ethic, drive, compassion, honesty, and common sense are why she is getting our vote.

> Joan Unger-Harmon support of Jomarie Buck-Jim Harmon

Want your

We LOVE your letters! Send Letters to the Editor to:

office@yourtowncrier.com.

All submissions must be accompanied by full name, address, and daytime contact information for verification purposes.

Letters must be e-mailed by noon on Monday in order for consideration the same week's edition.

'Proud husband' endorses wife, Biagioni-Smith, for Tewksbury School Committee

To the editor,

The campaigns for Tewksbury School Committee are in full swing, and there has been a lot of talk about priorities, budgets, contracts, and new buildings. These are all important topics, but in local elections, we should truly get to know the candidates who will represent the residents in a critically important leadership role. From the perspective of a proud husband, I am writing to explain why Kayla Biagioni-Smith is the best choice on April 2 for Tewksbury School Commit-

Kayla and I have been together for almost 20 years since shortly after I left active military service in 2004. From the start, she was there for me through some rough times transitioning back to civilian life. She is still there for me through all the ups and downs, just like she will be there for every town resident as a School Committee member.

I would say that she has been by my side, but that is not entirely true: Kayla leads from the front and sets the example. I would not be the husband and father I am today without her constant presence, honesty, and compassion.

In 2006, I told Kayla that I wanted to reenlist in the Army and continue serving our country. She fully supported me, and we made that decision together. In 2008, I told her that I had to move to Fort Bragg, NC, for two years of train-

To the editor.

Smith.

mittee, I wholeheartedly

support Kayla Biagioni-

Committed, passionate,

energetic, transparent.

These are just a few words

that describe Kayla. Hav-

ing known her for almost

five years, I can also add

super mom, military wife,

amazing friend, accom-

plished professional, and

proud Tewksbury resident.

to run was not on a whim,

or taken lightly. Kayla

pulled papers the day the

town had them available.

Having been heavily in-

volved in the schools over

the past few years, Kayla

wants to do more. Help

more. And make decisions

that represent our entire

Passionate. Do it with

passion or not at all. Kay-

la gives 110% in all that

she does. She brings her

whole self to everything,

be it a PAC event or meet-

ing, co-founding the Mili-

tary Employee Commu-

nity ERG at John Han-

town and community.

Committed. The decision

ing. She fully supported the move, and we made this difficult decision to-

In 2010, Kayla and I got married and, later in the year, moved to Tewksbury and had our first daughter, Emma. I also informed Kayla that my unit received orders for an Iraq deployment in 2011 and that pre-deployment training started in December 2010. Kayla, unbelievably, took this news in stride as if she expected it.

She was newly married with our first child on the way, moving to a new town, and her husband was leaving for almost a year after being away for the last two years. She again supported me and took care of our daughter by herself for 10 months in

She knew what she wanted: a family and the life we would eventually build here in Tewksbury. That is the type of commitment you have to look forward to with Kayla on the Tewksbury School Committee.

Kayla was already a superstar mother and wife when I returned from Iraq. I had to catch up. She taught me how to be a good parent and husband. I have never seen anyone take to anything as naturally as Kayla did to being a mother.

She had a meal schedule, a sleep routine, clothes ready at a moment's notice, and an infinite amount of love for our daughter. She knew what it meant

Energetic. Anyone that

over the last four years

knows Kayla. She has plan-

ned, managed and hosted

the most successful fund-

raiser, our Fun Run, the

schools have ever seen.

Always in a mascot cos-

tume or live streaming on

Facebook, her energy is

contagious. You can be

sure that energy is brought

to the School Committee

Transparent. One of my

favorite things about Kay-

la is her honesty and

transparency. She tells

the most important things

she'll bring as a School

I grew up in Tewksbury

and chose to raise my

three children here. Kayla

mittee. She's committed.

Biagioni-Smith on April 2.

Anna Kaiser,

Tewksbury resident

I ask you to do the same.

'No better choice' than

Buckley for Tewksbury

Select Board

her as a leader.

each and every day.

'Committed, passionate'

Biagioni-Smith for Tewksbury

School Comm.

For those of you who are has had a child attend the

every time Emma made a sound or a facial expression. It was intimidating, humbling, and inspiring.

The transition she made from young woman to wife to mother of our child was incredible. That is the level of responsibility and adaptability you can expect from Kayla on the Tewksbury School Com-

Kayla and I had our second daughter, Nora, in 2012, and she became even more impressive as a mother of two. Her steadfast commitment to our family and providing our children with the best lives we can give them is unwavering. She somehow balanced her work life, with roles of increasing responsibility, and our home life through two more military deployments and many shorter stints away without missing a beat.

She did all this while also joining the Heath Brook-Trahan and the Ryan PAC, putting every spare second she had into improving the school experience for students and providing muchneeded resources to teachers. In her "free time" at night, she does schoolwork and will complete a BS in **Business Administration** early this summer. That is the multi-tasking ability and time management skill you can expect from Kayla on the Tewksbury School Committee.

Finally, Kayla has an amazing combination of compassion and practicality that I have rarely seen. She truly wants to hear from all perspectives and ensure all residents feel represented by someone who shares their concerns. She is not afraid to ask tough questions and make difficult decisions. I would not be the person I am today, and our family would not enjoy the life we have in Tewksbury, without her drive and focus.

She is our backbone, our shoulder to cry on, and our compass. We want to share this extraordinary individual with our community. If the person I described sounds like someone you would want to represent the residents of Tewksbury, please go to your local voting precinct on April 2 and cast a ballot for my wife, Kayla Biagioni-Smith, for Tewksbury School Committee.

Pete Smith

Give Wellman another term on Tewksbury **Select Board**

To the editor,

We would like to recommend Jayne Wellman for the Tewksbury Select Board in the April 2, 2022 town election.

She moved to Tewksbury in 2001 with her husband and has been raising her two kids, Luke and Elizabeth Miller. She studied economics and international relations at Tufts University, studied economics at University College London, and got a graduate certificate in business management from UMass Lowell's Manning School in 2012

Jayne has a strong drive and work ethic. She has been involved in local politics and has worked as the **Business Administrator for** the Town of Reading. She

was also news editor for the Town Crier in Tewksbury and Wilmington. Her interests are many and her business experience makes her especially well suited for working on the Select

Jayne is currently a member of the Tewksbury Select Board and is running for re-election. She has served in many capacities since moving to Tewksbury. These include School Committee, Town Moderator, Open Space & Recreation, and the Cable Advisory Committee.

Please join us voting to give Jayne Wellman another term on the Select Board.

> Joan Unger-Harmon Jim Harmon

'Energized' Duffy ready for **Tewksbury Planning Board**

On Saturday, April 2, I will you like it is, without the be casting my vote for frills. This will be one of James 'Jim' Duffy for Planning Board!

I first came to know Jim Committee member, and many years ago when we that we can expect from volunteered for the newlyformed Green Community Committee. Its mission was to work toward Tewksbury's designation as a Massais the right person for the chusetts Green Communi-Tewksbury School Comty. It was not an easy task!

I watched Jim leverage She's passionate. She's en- his professional experiergetic. She's transparent. ence, collaborate with oth-I will be voting for Kayla er members, work tireless-

ly to collect and analyze data, and finally to bring consensus within the community. (To date, this designation has gleaned in excess of \$1.8 million.) Such traits are essential for a successful Planning Board Member!

Jim is energized and ready to give back to the community he loves!

Please join me in supporting James Duffy for Planning Board.

> Enthusiastically, Anne Marie Stronach

Unun Urter

Tewksbury - Wilmington

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opinion heard? anced and focused - and that was Jomarie Buckley. When I asked her to con-

To the editor,

ley for Select Board.

We are writing in strong

When I decided not to

run for re-election, there

was only one person we

hoped would step-up and

help keep Tewksbury bal-

sider running, Jomarie had already made her decision. Jomarie saw what Tewksbury needed to maintain its strengths and what choices needed to be made to avoid mistakes down the road.

We have been friends with Jomarie for years.

Her work on the Wilmington Board of Selectman speaks for itself and her experience on State Representative campaigns over the past decade have uniquely given her both an insider and outsider perspective on Tewksbury.

Jomarie works tirelessly for what she believes in. She is what Tewksbury needs for leadership. There is simply no better choice. So please join us in voting Jomarie Buckley for Select Board on Saturday, April 2!

> Sincerely, Anne Marie & Rick Stronach

Lifestyle

Try spring cleaning your skin this season

By HEATHER BURNS **News Correspondent**

s the winter snow melts, spring temperatures start to rise, we soon transition into the mindset of spring clean up.

For some, this is a clean out of flowerbeds and gardens, and tending to the awakening lawn in the backyard.

Others take the changing of the seasons as an opportunity to clean out closets and deep clean the entire house.

This year, before you head out to the garden shed or rent a carpet cleaning machine, take a few moments to think about spring cleaning for your skin with a springtime transition for your skincare routine.

After a cold, dry winter, many of us are left with dry, itchy skin that is unprepared for the changes in humidity and sun exposure that spring and summer will ultimately

Just like the carpet in the den, or the lawn outback, everyone can benefit from a spring cleaning for the one thing we all wear and can't replace, our skin.

The first step in a springskin clean up is to start by brightening dull, dry skin with an exfoliating treatment.

Exfoliating is the removal of dead, dry skin layers, revealing softer, smoother

The best way to get a than two times a week. If jump start on the exfoliating process is to get an exfoliating chemical peel done by a reputable spa or skincare expert.

Chemical peels are often recommended by dermatologists to kickstart a spring skin regiment. A peel can quickly exfoliate skin and trigger collagen production. This will lead to firmer, younger looking

Physical exfoliants can be used at home to gently scrub away dead, dry skin.

These products are often sold as exfoliat-

your dermatologist before trying any new skincare products. With warmer tempera-

you have sensitive skin, it

is always best to consult

tures quickly approaching, you will also want to reevaluate your skin moisturizer.

It is common to use a heavy cream during the winter months, but spring is the time to switch to a lighter formula that is water or gel based.

As the temperature and humidity rise, heavy moisturizers can



scrubs, sugars, or polish. Be sure to use products as directed, and choose the proper product for use on body and face, as many exfoliant products are made specifically for use on one or the

Be careful not to over use exfoliant products as you can go from a bright and fresh complexion to red and irritated very easily.

other.

Dermatologists recommend exfoliating on a weekly basis no more

feeling sticky or greasy. Gel based formulas absorb quickly and leave a protective barrier on the skin.

As the earth becomes physically closer to the sun during the warmer months, you will want to add regular use of sunscreen to your skincare

Experts recommend using a sunscreen with a SPF rating of at least 50+ that offers broad-spectrum protection to ade-



■ Just like your closests or medicine cabinet, you should "spring clean" your makeup and skincare products. Discard brushes and applicators every six months as they can be a breeding ground for bacteria and mold. Also discard any expired products.

(Heather Burns photos)

quately protect your skin in your dresser, start with during the spring and summer months.

Sun induced dark spots, also known as sunspots, can be difficult to erase from your skin and should be targeted before they are a concern.

The use of topical antioxidants are particularly helpful to use during the warmer months to avoid sun damage like sun spots

UV (Ultra-Violet) rays from the sun can generate free radicals that can damage DNA and accelerate the breakdown of collagen and elastin that keep skin firm and healthy looking.

Topical antioxidants, like vitamin C, can donate electrons that will stabilize the UV induced free radicals and decrease sun damage to your skin.

Before you tackle cleaning out that sock drawer the beauty care items on top of the dresser.

Spring cleaning your make-up bag and skincare items is just as important as cleaning out your clothes drawers or medicine cabinet.

Swap out makeup brushes, sponges and applicators with new ones at least every six months. These items can breed bacteria, yeast and mold over time that can cause skin irritation, infections and break-

Just like your medicine bottles, check the expiration date on all beauty and skincare products (even sunscreens), and discard any that have expired.

Many beauty products are labeled on the bottom of the container with a number and the letter M. This code will indicate how long a product will

last after it is opened (for example 12M means it will last 12 months after opening).

Also discard any products that look, feel or smell odd or different from when you first opened it.

Products that are unopened but more than a year old should also be discarded as many ingredients can become less potent and less effective over time.

You may be "itching" to get your home and yard in tip top shape this spring, but first consider dealing with your "itching" dry, winter skin by starting a spring clean up of your own personal skincare regimen.

A smooth transition to a new spring skincare routine is sure to give you smooth and healthier skin for the upcoming summer months.

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Lowell celebrates Jack Kerouac turning 100

By PAIGE IMPINK **News Correspondent** paige@yourtowncrier.com

Lowell is celebrating the 100th birthday of Jack Kerouac, native son and influential poet and author who is widely regarded as the founder of the post-World War II Beat movement. Through tours and exhibitions, online tributes and live performances, Kerouac will be remembered and his works shared.

An icon of the 40s, 50s, and 60s, Kerouac was born in Lowell in March of 1922 and came to prominence through his "On the Road" scroll, an artifact featured at the Boott Mills gallery

this month.

"On the Road" was purported to have been written in three weeks, a single paragraph on a 120foot roll in 1951. The iconic work was credited with inspiring a generation of young people to "hit the road" in search of self-discovery.

Kerouac is known for "first thought best thought" style, in which he felt any revisions to his work would change the spontaneity of the moment. However, through his literary life, Kerouac did revise his writings, poetry, and essays. Kerouac spent much time and was influenced by his friend group, including Al-

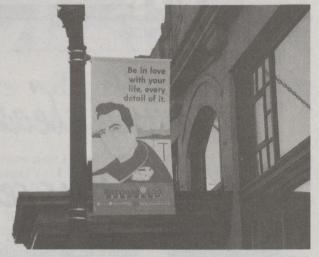
len Ginsberg, Gregory Corso, David Amram, and Larry Rivers, all recognized figures in the counterculture movement.

Lowell is decked out in street light banners all over the city sporting quotes from Kerouac. All events are free to the public and can be found at lowellcelebrateskerouac.org, a collaboration between the Jack Kerouac Estate and the Kerouac @ 100 Committee.

There will be poetry readings, jazz performances, film showings, a gallery exhibition, bus tour, lectures at the UMass Kerouac Center, and a two-day music and arts festival in early April called "The Town and The City," named after Kerouac's earliest novella.

A larger festival is being planned for October. The Kerouac and Allen Ginsberg Estate, among other organizations, are contributing to the yearlong recognition. There is also a long-term goal of creating a museum and performance center through UMass Lowell and the Jack Kerouac Foundation.

found at jackkerouac.com. birthday.



▲ Banners with Kerouac quotes are on light poles all More information can be over Lowell in celebration of the Lowell native's 100th (Paige Impink photo)

Upcoming local events

Wednesday, March 23, 6 -8 p.m. Wilmington/Tewks bury Chamber Mix & Bowl Event, Wamesit Lanes. Networking event with food, door prizes and trophies for top teams. The cost is \$25 per person or \$50 for a team of two and includes one string of bowl-

Thursday, March 24, 6:30 p.m. - 8:15 p.m. Tewksbury Republican Town Committee Candidates' Night, Tewksbury Rod & Gun Club, 79 Chandler St. Residents can hear from many of the 2022 town el-

ing, shoe rental and a door

prize ticket

ection candidates. A cash bar and light refreshments will be available.

Friday, March 25, 1:15 p.m. Film Screening: American Underdog. Tewksbury Senior Center. Register at Tewksburypl.org. A biographical sports drama starring Zachary Levi and Anna Paquin. The story of NFL MVP and Hall of Fame quarterback Kurt Warner, who went from stocking shelves at a supermarket to becoming an American football star. PG. 112 minutes.

Friday, March 25, 6 - 8

p.m. Community Chili and Stew Contest, Mill No. 5, 250 Jackson St., Lowell

Sunday, March 27, 2:40 -3:40 p.m., Free public skating at Hallenborg Ice Rink, 10 Good St., Bille-

Saturday, April 2, 8 a.m. - 8 p.m. Tewksbury town election.

Thursday, May 12, 5 - 8 p.m. Tewksbury Rotary's Taste of the Town, Tewksbury Country Club, Tickets at Eventbrite or by calling 978-851-8945 or 978-441-6508. \$40.

LEGAL NOTICE



TOWN OF TEWKSBURY **BOARD OF HEALTH**

Minimum Standards for Food Establishments Regulations

On March 17, 2022 at the Tewksbury Board of Health's (Board) regular scheduled meeting, the Board adopted the Minimum Standards for Food Establishments Regulations. These regulations are adopted under the authority of MGL Chapter 111 Sections 31 and other applicable provisions of Massachusetts General Laws. The revision shall become effective on April 15, 2022.

Complete copies of these regulations are available at the Tewksbury Health Department office 1009 Main Street, Tewksbury, during normal business hours. Raymond Barry, Chair

220362 3/23/22



TOWN OF TEWKSBURY **BOARD OF APPEALS**

Notice is hereby given that the Tewksbury Board of Appeals will hold a public hearing on March 31, 2022 at 6:30 P.M. in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA by CJM Builders on behalf of Cheryl Corson, for a variance under Section 4130, Appendix B, of the Tewksbury Zoning Bylaw, for acreage and a Special Permit under Section 3630 to demolish and build a new singlefamily home on a pre-existing non-conforming lot as shown on plans filed with this Board.

Said property is located at 41 Whited Ave Assessor's Map 25, Lot 52 zoned Residential.

The application may be examined on the Zoning Board of Appeals webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Nancy Rego, Chair 220294 3/16,23/22

LEGAL NOTICE

LEGAL NOTICE

TOWN OF TEWKSBURY BOARD OF HEALTH

Minimum Standards for **Frozen Desserts**

On March 17, 2022 at the Tewksbury Board of Health's (Board) regular scheduled meeting, the Board adopted the Minimum Standards for Frozen Dessert Regulations. These regulations are adopted under the authority of MGL Chapter 111 Sections 31 and other applicable provisions of Massachusetts General Laws. The revision shall become effective on April 15, 2022.

Complete copies of these regulations are available at the Tewksbury Health Department office 1009 Main Street, Tewksbury, during normal business hours.

Raymond Barry, Chair 220363 3/23/22



TOWN OF TEWKSBURY **BOARD OF APPEALS**

Notice is hereby given that the Tewksbury Board of Appeals will hold a public hearing on March 31, 2022 at 6:30 P.M. in the Main Street, Tewksbury, MA 01876 on an application filed by John Reitchtel & Stephanie Borges c/o Plunkett & Plunkett under MA General Laws, Chapter 40A, Section 8 as a party aggrieved by a decision made by the Building Inspector in a letter dated February 8, 2022 to construct a metal storage shed.

Said property is located at 30 Carter Street, Assessor's Map 103, Lot 4 zoned Residential.

The application may be examined on the Zoning Board of Appeals webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Nancy Rego, Chair 220310 3/16,23/22 LEGAL NOTICE

Please Recycle

Supply & Delivery of **Diatomaceous Earth** Supply & Delivery of Granular Activated Carbon Invitation for Bids

TOWN OF TEWKSBURY

Sealed Bids for Supply & Delivery of Diatomaceous Earth and Supply and Delivery of Granular Activated Carbon will be received by the Town of Tewksbury at the Department of Public Works office, 999 Whipple Road, Tewksbury, MA 01876, until 1:00 PM on Wednesday, April 13, 2022, at which time and place, bids will be publicly opened and read aloud.

The work under these contracts includes the supply and delivery of Diatomaceous Earth (DE) and supply and delivery of Granular Activated Carbon to the Tewksbury Water Treatment Facility.

Contract Documents are available after 1:00 p.m. local time on Wednesday, March 23, 2022 by www.p entering Project Code 848850 and 848851 respectively in the project locator box, and following the prompts to a free downloadable bid set. Contact www.projectdog.com or call 978-499-9014 for distribution questions. No monetary deposit is required to obtain the documents.

Bidders may not withdraw their Bids for a period of 45 days, excluding Saturdays, Sundays and legal holidays, after the actual date of the opening of the Bids. Complete instructions for filing Bids are included in the Instructions to Bidders.

The bidding and Award of these Contracts will be under the provisions of M.G.L. c. 30b. The Town reserves the right, in its absolute and sole discretion, to waive any informality in or to reject any or all Bids if deemed to be in its best interest. 220350

3/23/22

LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website. To search the archive of previously published legal notices go to:

www.homenewshere.com OR masspublicnotices.org/Search.aspx

LEGAL NOTICE



TOWN OF TEWKSBURY NOTICE OF PLANNING BOARD HEARING Relative to **Proposed Zoning By-Law Amendments** Pursuant to G.L. c. 40A, Section 5

The Planning Board of the Town of Tewksbury will hold a public hearing to discuss proposed amendments to the Town's Zoning By-Laws as submitted for the May 2 & 4, 2022 Annual Town Meeting. The public hearing

Town of Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA Monday, April 11, 2022

The subject matter of the proposed amendments is indicated below. The complete text relative to the proposed amendments is available for inspection during regular business hours at the following locations: Town Clerk's Office and Community Development Office, Town Hall, 1009 Main Street, Tewksbury, MA and the Town's website at www.tewksbury-ma.gov.

To recodify, and therefore amend, the Zoning Bylaw to make the Bylaw easier for users to navigate, simplify and update its language, and provide a better structure for predictability and flexibility in both the interests of current use and future adaptability, by:

enhance accessibility and adaptability;

Re-organizing, re-positioning, re-captioning, and re-numbering portions of the Zoning Bylaw to

- Updating and clarifying the purpose and authority of the Zoning Bylaw to clearly state the Town's legal and factual premises for zoning regulations;
- Improving definitions to more clearly describe zoning districts, uses, and requirements;
- Providing consistency with present State law;
- Eliminating redundant or unnecessary provisions; making amendments such as correcting spelling and typographical errors, and eliminating or updating outdated statutory references;
- Revising, re-organizing and clarifying Zoning Bylaw administrative provisions;
- Reducing number of overlay districts; Strengthening design guidelines in the Town Center District;
- Adding new definitions:
- Adding site plan review;
- Adding request for reasonable accommodations:
- Adding recreational marijuana establishments, excluding retail;
- 13. Mandating 15% affordable housing in all multifamily developments;
- Capping multifamily developments to 7 units per acre except in the Town Center and Mixed Use **Business District**;
- 15. Updating the sign section of the bylaw; and
- 16. Updating Floodplain District based on FEMA requirements. and by taking the following actions:

1. Deleting in their entirety the following provisions and all their subparts of the existing Zoning Bylaw:

Section 1000. Section 2000. Section 3000. Section 4000. Section 5000. Section 6000. Section 7000: Section 8000. Section 9000. Section 10000. Definitions; Table of Use Regulations; Appendix A. Table of Dimensional Requirements Appendix B

Purpose and Authority; Districts; Use Regulations; Dimensional Regulations: General Regulations; Special Regulations; Special Residential Regulations; Overlay Districts; Administration and Procedures;

Table of Parking Requirements. Appendix C. 2. Substituting the following provisions and their subparts in the zoning article submitted by the Zoning Bylaw Committee on file in the office of the Town Clerk and the Department of Community Development:

Section 1 Purpose and Authority;

Section 2 Definitions; Section 3 Administration and Enforcement; Section 4 Establishment of Districts;

Section 5 District Regulations: Section 6 Site Development Standards;

Section 7 Special Use Regulations; Section 8 Other Development Regulations; Table of Uses. Appendix A

3. And by taking any action related thereto.

To see if the Town will vote to amend the Tewksbury Zoning Map dated October 2021 by replacing it with the Town of Tewksbury Proposed Zoning Map dated May 2022

Change the Town of Tewksbury Zoning Map zoning district classification of the premises located at 108 Maple Street, 118 Maple Street, 55 Memory Lane as well as fee interest in Memory Lane and all lots located thereon and being identified on the Assessor's Map as Map 88 Parcels 35, 36 and 25 as well as Map 89 Parcels 36, 37, 38 and 39 as well as the fee interest in the area shown as Memory from Residential (R40) to Multiple Family (MFD).

> THE TEWKSBURY PLANNING BOARD Stephen Johnson, Chair 220349 3/23, 3/30/22



STORM DRAIN PIPELINE AND STRUCTURE **CLEANING AND CCTV INSPECTION (FY22)** CONTRACT NO. PW-22-18 **INVITATION TO BID**

Sealed Bids for STORM DRAIN PIPELINE AND STRUCTURE CLEANING AND CCTV IN-SPECTION (FY22), Contract PW-22-18, will be received by the Town of Tewksbury at the Department of Public Works, 999 Whipple Road, Tewksbury, MA 01876, until 2:00 p.m., on Thursday, April 7, 2022 at that time and place Bids will be publicly opened and read aloud.

The work under this contract includes but is not limited to furnishing all necessary labor, materials, tools, and equipment to complete storm drainage system pipeline and structure cleaning and closed circuit television inspections, root cutting where necessary, removal, transporting, and disposal of drainage system sediments at the Tewksbury Department of Public Works, maintaining a safe work site, and ordering police details where necessary. The work is anticipated to begin on approximately May 2, 2022 and must be completed by June 30, 2022. The Owner does not guarantee a specific quantity to be purchased, or items to be used. Final quantities will be determined by the Engineer based on bid pricing received. The Owner and the successful bidder may agree upon a renewal option, by mutual consent, to extend the contract for up to two (2) additional fiscal years based on the terms stated in the Agreement.

Contract Documents are available after 2:00 p.m. local time on Wednesday, March 23, 2022 by going to www.projectdog.com, entering Project Code 848665 in the project locator box, and following the prompts to a free downloadable bid set. Contact www.projectdog.com or call 978-499-9014 for distribution questions. No monetary deposit is required to obtain the documents. Contract Documents may also be examined, but not obtained, at the DPW office during the following hours: 8:30 a.m.-4:00 p.m. Monday through Friday.

Each Bid shall be submitted in accordance with the Instructions to Bidders and shall be accompanied by a Bid Security in form of a certified check, cashier's check or security bond in the amount of 5 percent of the Bid.

This contract has been written in conformance with the COMMONWEALTH OF MASS-ACHUSETTS DEPARTMENT OF TRANSPORTATION STANDARD SPECIFICATIONS FOR HIGH-WAYS AND BRIDGES, 2022 EDITION: MASSACHUSETTS DEPARTMENT OF TRANS-PORTATION CONSTRUCTION STANDARD DETAILS, DATED OCTOBER 2017. Additional supplemental specifications have been added where applicable and will govern in the contract.

Bidders may not withdraw their Bids for a period of 45 days, excluding Saturdays, Sundays and legal holidays, after the actual date of the opening of the Bids. Complete instructions for filing Bids are included in the Instructions to Bidders.

Minimum Wage Rates as determined by the Commissioner of the Department of Labor and Workforce Development under the provision of the M.G.L. c.149. §26 to 27D, as amended, apply to this project. It is the responsibility of the Contractor, before Bid Opening to request, if necessary, any additional information on Minimum Wage Rates for those trades' people who may be employed for the proposed work under this Contract.

The Bidding and Award of this Contract will be pursuant to M.G.L. c. 30B. The Owner reserves the right, in its absolute and sole discretion, to waive any informality in or to reject any or all Bids if deemed to be in its best interest

220341

RICHARD MONTUORI, TOWN MANAGER TEWKSBURY, MASSACHUSETTS

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HOMENEWS HERE.com



Townshere.com Bar SPORTS

WEDNESDAY, MARCH 23, 2022



Austin Prep wins Division 1 State Hockey Championship, finish 27-0

Cougars polish off the perfect season



The Austin Prep Girls Hockey team defeated Arlington, 4-1, on Sunday Night at the TD Garden, to capture the Division 1 State Championship crown. (courtesy photo/MIAA).

AP tops Arlington, 4-1, to complete mission

By JAMIE POTE **Sports Editor**

jamiepote@hotmail.com BOSTON - In both the 2019 and 2020 seasons, the Austin Prep Girls' Hockey team's coaches and players had their hearts bro-

ken to pieces. The first time it happened, the No. 3 seed Tewksbury/Methuen Co-Op team upset the No. 1 seed Cougars, 2-1, in a double-overtime thriller, to not only take home the MIAA Division 1 State Championship title, but end AP's perfect season (23-1-0).

Coming back with vengeance for the 2020 playoffs, the Cougars came in as the No. 2 seed at 17-1-2, rolled past four opponents and were set to play No. 3 Woburn in the state final, but COVID-19 cancelled the game and both teams were crowned co-champions.

Heading into this season, absolutely nothing was going to stop the Cougars from putting their hearts back together and celebrating on the TD Garden Ice with the state championship in hand.

While Arlington goalie Elise Rodd was sensational, stopping almost everything in sight over the first two-plus periods, Austin Prep was too fast, too deep, too experienced and too talented, and simply wore down the Spy Ponders en route to a 4-1 victory to capture the D1 crown played Sunday night at the Garden.

"It feels amazing. Everyone's life has been turned upside down the past two years. We have been waiting two years to get back here. It's been something that we have been waiting for that long, every single day, prepping and waiting for everything to get back to normal,' said AP coach Stephanie Wood. "It was just so awesome and so much fun out there. It was a packed Garden once again and it was just awesome. We loved how they put the (Division 1) girls game with the (Division 1) boys right after, and you can't beat that."

Austin Prep - behind four local players, senior captain and goalie Lauryn Hanafin of Wilmington; assistant captain Emma Spengler, a senior from Tewksbury; and then a pair of younger players from Wilmington, sophomore forward Jessica Martinson and eighth grader Sarah Simpson -

TITLE B6C

Lightfoot places fourth at Folkstyle Nationals

By MIKE IPPOLITO **Sports Correspondent**

sports@yourtowncrier.com COLORADO SPRINGS, CO/TEWKSBURY - The last time that Brooke Lightfoot had taken the trip halfway across the country to compete in a National Championship wrestling tournament, the results left a little to be desired, as the then 13year old seventh grader from Tewksbury had gone 0-2 in the Girls Folkstyle Tournament Nationals held in Coralville, Iowa, back in March of 2021.

But what a difference a year makes!

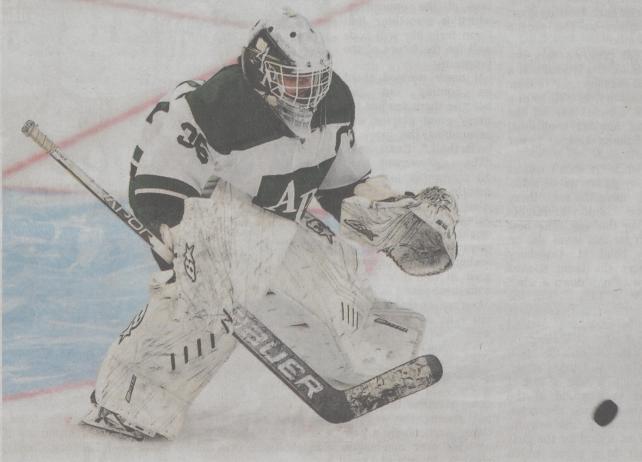
Coming Next Week:

Cheerleaders at compete England Meet; TMHS Sub-Varsity Team season wrap-ups

Undeterred by her rough showing the last time out, and perhaps bolstered by tremendous third place finish at the recent Massachusetts Girls All-State Tournament it was a much different story this time around for the now 14-year old eighth grader. Lightfoot and her family had to travel a little further to compete this time, but it was well worth the extra mileage, as she went 3-2 this past weekend to earn a fourth place finish at 119 pounds at the 2022 USA Wrestling Girls Folkstyle Nationals wrapped up on Saturday afternoon at the Broadmoor World Arena

in Colorado Springs. Lightfoot, who is a member of the Tewksbury High Wrestling team, credits her increased experience, as well as her intense

LIGHTFOOT B7C



Wilmington resident Lauryn Hanafin finished up a truly spectacular season and career as the Austin Prep Girls Hockey team's goalie during Sunday's state championship win over Arlington held at the TD Garden. A two-time Globe All-Scholastic, she allowed just 11 goals all season. (photo by Bob DeChiara).

Dedication pays off for Hanafin

By JAMIE POTE **Sports Editor**

jamiepote@hotmail.com BOSTON - Every mornlast summer, Wilmington resident Lauryn Hanafin woke up real early, took a drive to Exeter, New Hampshire, so she could improve her craft.

On Sunday night, the senior captain and goalie of the Austin Prep Girls' Hockey team looked back on all of those mornings knowing every single one of those trips was well worth it. The coaching tips and improvement helped her through a perfect season. She guided the Cougars to a 27-0 record, which included making 17 saves in the team's 4-1 win over Arlington in the Division 1

State Championship Game held at the TD

Garden. "This (championship) means everything to me. It's my last season before I go play Division 1 college hockey next year (at Stonehill)," she said. "This just means everything to come here and win this championship title with such a great group of players and coaches, and just the environment of Austin Prep. It means so much to me per-

While the Boston newspapers have yet to its Allannounce Scholastics for this season, Hanafin already has more awards than probably an entire roster has collectively. She is already a two-time Boston now is a two-time Division 1 state champion, as the Cougars were co-champions in 2020 when the final game was cancelled due to COVID-19. In addition, she is a three-time CCL All-Star, a two-time CCL Co-League MVP, a twotime CCL Goalie of the Year and has led the Cougars to two league championship titles. And she's a member of the National Honor Society.

While she has always been extremely talented, she said got to the next level, thanks to those training session days in the Granite State.

"My brother Pat Gigante has really encouraged me. I got where I am for a reason," she said. "Besides him, I owe so much to

Globe All-Scholastic, and Steve Mastalerz, my goalie coach. He's been a huge benefactor in my technique as a goalie. Over the summer, I drove to Exter (New Hampshire) every day at 7 am to work with him and it got me so much better. It helped my prep for this season so much. I never felt as on as I do right now, which is great. He worked with me on

everything. She said during those hot summer mornings, she worked on a variety of aspects, whether it be angles, glove, stickwork, sprawling saves, among other things.

"A big part of his training outside of technique and the speed and the

HANAFIN B6C

Spengler caps off career with state title

By JAMIE POTE **Sports Editor**

jamiepote@hotmail.com BOSTON Emma Spengler could have easily forgotten where she came from, butthe Tewksbury resident did-

n't. She also may not be the All-Scholastic player or the go-to scorer on one of the all-time greatest

teams to play in this state. But when it comes to teams that finish 27-0 and just totally whitewash any opponent that comes near them, it's so vital that those rosters have an Emma Spengler. That is, someone who provides terrific leadership, someone who is an incredibly hard worker, who grinds it out, works to improve and

most of all is incredibly

humble. The senior who is an assistant captain, was consistent all season long and that carried over to Sunday night's Division 1 Championship game as she helped the No. 1 Austin ranked Prep Cougars defeat the No. 3 seed Arlington Spy Ponders, 4-1 played at the

TD Garden.

"It feels incredible to win as a team. We've been trying so hard (to get back here) since that 2020 championship game got cancelled (and we were crowned co-champions)," she said. "This has been in the works for a while.

We knew that we had to SPENGLER B6C

Wilmington High School Sub-Varsity teams season round-ups

By MIKE IPPOLITO
Sports Correspondent
sports@yourtowncrier.com

WILMINGTON - In terms of just wins and losses, the Wilmington High Girls Junior Varsity A (JVA) Basketball team certainly had their share of struggles this season, as they battled their way to a 3-13 record with a few games canceled either due to COVID or inclement weather. But in terms of gaining valuable experience that will help them as they head to the varsity level in the coming years, the season was a great success under the

direction of coach Don

Cowden. "Despite the ups and downs of the season it's important to remember that we learned some valuable lessons along the way," Cowden said. "One of the great things about sports, is that there's always room for improvement, we can all work on doing something just a little better. When everyone does that, the results can be amazing - and if there's one thing I learned about this team, is that there isn't anyone on the team that wouldn't give their all for the team."

The Wildcats, whose eight member roster included two sophomores and six freshman made tremendous strides from the beginning of the season to the end, with sophomores Isabel Jordan and Grace Walsh, along with freshmen Jill Collins, Arianna Cook, Kimmy Kane, Maddie Krueger, Kiersten Moore and Mia Vacha each showing great progress as the season wore on.

That progress was evident for the Wildcats in a mid-season over Amesbury, as well as in a late season loss on the road against traditional Middlesex League power

Burlington. "While we didn't win as many games as we wanted, nevertheless, there were some highlights along the way. The best win for this team was on the road at Amesbury where the team showed how to nail down a win, Cowden said. "But the team's most complete game was the second game against Burlington. By far it was the most well-rounded team effort. Though it was a loss, I was very proud of the team and their character. Memorably mid-season, we set a goal for the girls prior to a game, which they achieved. resulted in some blue hair and tense moments for me."

One of the things that Cowden and his players enjoyed about this season was a return to at least some semblance of normalcy. After having a combined JVA and JVB team last season due to low numbers, the Wildcats were once again able to field two separate teams this season. That, along with a somewhat less restrictive playing environment was welcome news to players and coaches.

"Having a somewhat more 'normal' season, (even though masks were required,) made a difference for the girls," Cowden said. "I respect all of them for giving their all during this trying time."

Cowden respects his players for their efforts, but he is also not surprised by it, as that kind of effort was indicative of what he saw all season from his players.

"If anything, this group of girls proved resilient as well as adaptable in many situations. They work hard weather it was in practice or during games," Cowden said. "I never once questioned their heart. The team brought it win or lose."

And while Cowden and his players certainly wish that a few more of their games were wins, it is not the wins and losses that they will look back on in years to come when think-

ing about this team.

"There's an old saying that "it matters not if you win or lose, but how you play the game," Cowden said. "And it's been a privilege to be associated with a group who plays the game with such heart."

JVB GIRLS BASKETBALL

If the first signs of an improving program are indeed shown at the youngest levels, then the future of the Wilmington Hight Girls Basketball certainly program appears to be bright, as the Wildcats JVB squad recently wrapped up a very impressive 10-5 season under the direction of coach Charles Cann, despite having a very inexperienced roster heading into the season.

"(Finishing) 10-5 is a great record, especially having pretty much all eighth graders who we were lucky enough to play. We had 14 players in total who all worked hard, were leaders by example, and never backed down," Cann said. "This team was so strong willed and fun to work with. We had some laughs and fun practices for sure, but I knew and be ready for a game this team would always be ready."

As young as they were, that was one of the most impressive parts of the season for Cann, was that his team always seemed to be prepared for each and every game, regardless of the opposition, which is something that Cann feels like will bode well for the future of the program.

"I never worried about us coming out flat because there are just too many great players who care about the game of basketball," Cann said. "The improvement from all players in just three months together shows what they are capable of going forward. Proud would be an understatement. I look forward to seeing where our program goes in the near future with these young ladies."

In a season that included ten wins, obviously there were some big wins along the way, and that was certainly the case for this group of Wildcats. But there were a couple of those victories that stood out among the rest to Cann, particularly a pair of wins over non-league rival St. Mary's of Lynn. At the varsity level St, Mary's girls sports are consistently among the best in the state, and that certainly appeared to the be the case at the JV level as well the first time the Wildcat faced them early in the season when the lost on the road by 26 points

But that was the only time the Wildcats would lose to St. Mary's as they won the next two matchups with their powerful opponents.

"There were so many games where this team fought to the end and pulled out a close win. In particular I would say the two wins against St. Mary's," Cann said. "Our road game with them was a real shock for what high school basketball looks like for the eighth graders we had playing. We had a chance to play them two more times and with the toughness we have on this team I knew we would battle back. Pulling out two close wins against a team that does that to you can be difficult, but with this roster there was no doubt they wouldn't fold or let it linger."

While the Wildcats got contributions throughout their roster on their way to their successful season, but a few players did stand out, including freshman Leah Murphy and eighth grader Erin McCarthy, as well as freshmen Leah Langone and Charlotte Forcina.

Leah Murphy and Erin were outstanding this



when it was time to learn and be ready for a game and back row from left, Jill Collins, Kimmy Kane, Grace Walsh, Maddie Krueger and Kiersten Moore.

(photo by JoeBrownphotos.com).



The WHS JV 'B' Girls Basketball team includes front row from left, Mackenzie Weatherbee, Erin McCarthy, Gianna DeMedeiros, Abigal Howie, Grace Johnson and Kristal Wells; Back row from left, Leah Murphy, Summer Sands, Maddie Otis, Maeve White, Leah Langone, Charlotte Forcina, and Allie McElligot.

(photo by JoeBrownphotos.com).

year. The relentless style of defense from Erin proved massive as well as her court vision. Leah on offense being able to shoot and create for herself as well as her basketball IQ is something that cannot be taught," Cann said. Leah Langone is just a pure leader. She brings a level of calmness to the team during close games and was always somebody we looked at to lead. Charlotte was also just pure energy. She brings heart to every game and her body language shows that her will to win is unmatched."

That foursome was hardly alone, however, as Cann felt that the entire team played a role in the team's success.

success.
All of the girls contributed so much to the team that it would almost be unfair to leave anybody out," Cann said. "There is more than one future varsity player on this team for sure, and getting an extra year to get their feet wet will benefit them so much. This program is lucky to have a handful of young ladies four years here."

four years here."
In addition to the players mentioned above, other key players for the Wildcats included eighth graders Gianna DeMedeiros, Ali McElligott, Summer Sands and Mackenzie Weatherbee.

"This was just a great team to coach, one of the most fun and hard work-

ing teams I have been able to coach in over 13 years around the game at different levels," Cann said. "I will miss having this exact roster, but look forward to seeing them all grow as student athletes and cannot wait to work with them as the assistant on the varsity under Coach (Jessica) Robinson who has done an amazing job year after year."

JV BOYS BASKETBALL

The Wilmington High Boys Junior Varsity Basketball team struggled at times this season on their way to a 5-13 record under the direction of coach Patrick Taylor, but many members of the Wildcats squad made some great improvements in their game, improvements which should pay off at the varsity level in the near future.

"This was easily one of the most enjoyable groups I have had the pleasure of coaching," Taylor said. "They are a great group of kids who worked hard, always had positive attitudes and just made it fun coming to the gym every day."

Among their five wins on the season was a very big one for the Wildcats against Triton in the later stages of the season when the Wildcats overcame a slow start to come away with a big victory.

We came out very sluggish at the start. We called a couple of timeouts very early, talked

through some adjustments and then the guys just took off," Taylor said. "We ended up winning pretty handily, but the best part of this game was watching every guy on the team contribute to the win. All of the guys on the team contributed in multiple ways throughout the season."

Members of this year's JV Boys Basketball team were all sophomores, including Aidan Burke, Luca Cudia, Christian Febbo, Jonathan Foresyth, Joseph Galvin, Andrew Maiella, Charles Rosa, Joseph Silva, Antonio Smolinsky and Noah Spencer.

Taylor was proud of the way his team battled through another unique season due to the restrictions placed on the team throughout the season.

"In my opinion there was no real difference between last year and this year in regards to the restrictions in playing because the kids still had to wear the masks for the duration of our season," Taylor said. "I give the kid's so much credit because they didn't complain, always had them on at practices and games and just played through it. It was nice to be able to have a regular schedule of games and practices."

In addition to being proud of his players, Taylor is also proud to be part of a program that has some great varsity players, including 1,000

point scorer Tommy Mallinson.

"Aside from coaching a really enjoyable group of kids, I want to make sure recognize Tommy Mallinson's accomplishment of scoring 1,000 points," Taylor said. "It doesn't feel like Tommy is getting the recognition he rightfully deserves compared to past 1,000 point scorers in Wilmington, but what he did was very special. Very much like Kylie DuCharme last year Tommy lost ten games his junior season due to the pandemic and was still able to reach that achievement, which is very difficult to do. He also should have been the MVP of the small schools in the league, but because of the politics of some of the schools in the league, the best player in the league was not chosen as the MVP."

FRESHMAN BOYS BASKETBALL

Much like their junior varsity counterparts, the Wilmington High Boys Freshman Basketball team struggled to get into the win column consistently, earning a 3-12 record on the season. But also very much like the JV squad, they did see several players gain valuable experience that should pay off at the varsity level in the future.

"I feel like this team

SUBVARSITY B3C

JV Boys Hockey team improved this season

FROM B2C

tried really hard, and they did what I asked them to do," Wildcats coach Chris Frissore said. "It didn't always click for them. Toward the end of the season, some things started to click and there were stretches where we looked really good."

One of those games where the Wildcats looked particularly good was a late season game against a talented Burlington when they were able to redeem themselves against one of the better teams in the league after suffering a blowout loss early in the season against the Red Devils.

"The second time we played Burlington I thought we did a really good job. The beat us good the first time," Frissore said. "But then we came out ready to play we broke the press with ease which we hadn't been able to do all year and we scored well. They are a team that is really good at shooting the three and we hung in there with them."

Several of the young Wildcats players showed great potential for the future, including Connor Lovell, Ben Jameison, Kyle Gaberee and Andrew Laquidara.

"Connor is very athletic and has a high motor. He's always going 110 percent which is a blessing and a curse sometimes. But that motor got him a lot of rebounds and buckets," Frissore said. "Ben started out a little tentative. But as the season went on, he got more aggressive and was very strong for us. Kyle was the big guy who did well defending the paint. And Andrew



The WHS JV A Boys Basketball team includes front row from left, Ian Pedraza-Mayorga, Marvins Jean, Ashvin Baker, and Andrew Laquidara; back row from left, Shane Tassone, Connor Lovell, Kenny Bramley, Ethan Schoenholtz, Benjamin Jamieson, and Kyle Gabaree.

(photo by JoeBrownphotos.com).

was very coachable and played outstanding on ball and team defense. All of these guys have things to work on, and if they do, they can surely play varsity someday."

Other members of the Wilmington High Boys Freshman Basketball team included Kenneth Brantley, Ethan Schoenholtz, Ian Perdraza-Mayorga, Ashvin Baker, Marvins Jean, Shane Tassone and Nicholas Corsetti.

BOYS JV ICE HOCKEY

In a season filled with bumps in the road with everything from canceled games due to COVID, to limited rosters due to injuries, the Wilmington High Boys Junior Varsity Hockey team still battled their way through a fun and challenging season, although the wins were not as plentiful as they would have liked.

"Our record did not indicate our commitment to continuous improvement or becoming better players every day," Wildcats coach David Cloutier said. "The players dedicated themselves at every practice by focusing on skill development and learning the Wildcats offensive and defensive systems. The team's commitment to continuous improvement was rewarded during the second half of the season as we were very competitive against the top teams within the Middlesex League. "

The season did feature many highlights along the way for the Wildcats, including hat tricks by both Daniel Laqunilla as well as Ryan Weinstein, while goalie Tyler Marinho also played very well throughout the season, with the entire team showing tremendous dedication despite their struggles to get into the win column as often as they would have liked.

Their dedication was rewarded in a late season game against Shawsheen Tech, where the Wildcats were was down by one goal with five seconds left in the game. With the faceoff in the Shawsheen end, Joe Malvone won the draw and directed the puck toward the goal and Brennan Walsh, who was determined to get to the rebound, scored with less than one second left to tie the game.

Marinho was also outstanding in that game between the pipes for the Wildcats, continuing a trend that carried on throughout the season.

"Many opposing coaches commented on the play of Tyler," Cloutier said. "It

is fair to say that Tyler will have a great opportunity to compete for the varsity next season."

Due to the aforementioned injuries and COVID, the Wildcats were forced to adjust their lineup on the fly throughout the season, and a number of players including Kyle Spinney, Dean Ciampa, Nicholas DiGiovanni, Derek Sun, Vibhush Sivakumar and Aadarssh Sivakumar were asked to play positions out of their comfort zone. "They accepted these challenges with a positive attitude knowing this is what's needed and best for team," Cloutier said.

Cloutier felt that the Wildcats skill development continuously improved throughout the season including their skating, passing, shooting, ice awareness and implementing the Wildcat way, showing signs of a bright future with the Wildcat program for

many players.

"There are a number of forwards and defensemen that have put themselves in a position to compete next season at the varsity level including Brennan Walsh, Tyler Florencio, Jacob Tucker, Daniel Laqunilla, Andrew Chisholm, Joseph Melvone, Ryan Weinstein, Lambert and Clyde Zachary Guyette," Cloutier said.

Regardless of their wonloss record, or whatever the future holds for them in the future of the Wilmington High Hockey program, Cloutier was proud to coach this group of players this season.

"On a personal note, I would like to thank the players for their dedication, commitment to the team environment and for always giving me their very best at every practice and game," Cloutier said

Three tips to held avoid shoulder/elbow injuries while on the diamond

By GREG CROSSMAN

DPT

Complete Game
Physical Therapy

Arm injuries have reached an epidemic level in youth baseball and softball. According to the American Academy of Orthopedic Surgeons at least 20 percent of players ages 8-12 y.o. and 45 percent of 13-14 y.o. experience arm pain in any given season.



At Complete Game Physical Therapy we see a huge increase in youth baseball and softball related arm injuries every spring. Many of these injuries are avoidable. We have worked with thousands of youth baseball and softball players, and here I will share with you some tips we have found to be most helpful to avoid arm injuries.

Slowly build up throwing-One of the most common things we hear when a throwing athlete comes into the clinic with arm pain is that they overdid it early in the season. Even in Major League Baseball, there are more injuries in spring training than any other time in the season. Start off your throwing short distance lightly tossand gradually increase both distance and how hard you're throwing. Posture Posture is one

of the first things we look

at in the PT clinic. Having good posture is very important, especially for the shoulder and elbow, because it puts everything in proper alignment. Correcting slouched posture, especially in teenagers, will reduce stress on the elbow and shoulder.

Don't throw through pain- When we evaluate an athlete with shoulder and elbow pain something we often hear is that they "thought the pain would just go away." There often is some soreness as your body gets used to throwing again after a long lay off. It should never be sharp, severe or gradually worsening pain. If these things are going on it is better to get it evaluated by a medical professional as soon as possible and not try to just work through it.

At Complete Game we work with youth athletes and active individuals of all ages. If you have any questions about your youth athlete, just reach out and we can help. We are always available to talk on the phone or through email for free consultations. It may just be something like one of the tips above that can help keep your athlete on the field and injury free this spring.

If you do need to come in for physical therapy, we have two convenient locations in Lowell and Tewksbury and offer afternoon and evening hours to help fit your busy schedule. We are in network with all major insurances and our friendly admin staff will help you understand what your specific physical therapy insurance benefits are.

We are available by phone at 978-710-7204 or email Greg at gcross-man@completegamept.co m with any questions.



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Bob Ware's among legendary players, managers

This past weekend, former TMHS Baseball Coach Bob Ware, Sr., who had such a love for TMHS Athletics, passed away. This story, written by Rick Cooke, originally appeared in the Town Crier back in the May 28th, 2008 edition.

By RICK COOKE Sports Correspondent

"I hate when it rains on Saturday's," says Bob Ware, cringing ever so slightly on a typical New England cold, windblown, spring day of baseball. He hates that rain so much, because to Ware, Saturday means baseball from here to his winter retreat in Barefoot Bay, Florida.

The former Tewksbury High School varsity baseball coach is a diamond lifer, forever watching, studying and fine-tuning his love for the game. many Now, years removed from coaching Tewksbury to a Small School MVC Championship in 1988, he is back behind the backstop at Gary T. Strong Field, helping current TMHS manager Ron Drouin scout potential tournament opponents. Yes, Ware is back big time, and don't you forget it. Listen up, and you will get a crash course in baseball from Tewksbury's 69-year-old

baseball emeritus.

"The only way you get better at this game is by playing it," says Ware.

"You make sure that if the kid is a pitcher, he doesn't pitch too many innings."

Ware knows a little something about pitching. A stocky, 5-10 righthander in his days at Chelsea High School, Ware struck-out 19 batters in a 6-2 loss to Lowell in May of 1956. Lowell High School manager Stan Stoklosa years later praised the work of a hurler he got to see that day up-close-and personal. "After 24 years of coaching, I rate Bob Ware among the top three pitchers my teams ever faced during my tenure,' said Stoklosa.

Ware has made many baseball stops along the way before this spring, when he came back to Tewksbury after his fifth Florida winter to lend a hand to Drouin and his flock of high school players with college baseball playing potential. "He's helping us to get some of our guys to talk to a couple of different schools in Florida. I'm actually putting the big guy to work, doing some advance scouting for us," said Good Drouin. move, coach. Ware didn't waste any time in helping Tewksbury gain an edge, producing a seven-andone-half page report last week on Masconomet and North Andover.

This long-time Tewksbury guy has no regrets about leaving the baseball coaching fraternity, last coaching the Wakefield High School freshmen team in 1992. The man who once pitched both games of a doubleheader for Salem State College fills his days with clinics, college games and one-on-one time with some baseball legends not far from his winter-time retreat.

Hall of Famer gives back to the game

Ware loves the game of baseball so much, that after 30 years and four months of coaching and teaching (accounting, word processing, computer accounting) in places like Malden, Somerville and Chelsea, he likes nothing better than to talk baseball shop. He's been around Tewksbury baseball (and adult softball) circles for what seems like forever, with stories and opinions on just about every aspect of a game that he loves.

"I was the one that told Fred Daley to start t-ball when I was on that youth baseball board," says Ware. "He (Daley) said that it didn't develop pitchers. I told him, first of all, the kids who pitch can't get the ball over the plate, and then if the pitcher gets the ball over the plate, the kid can't hit it anyway. Then, you have some coach telling the kids to take two strikes. Ten years later, when they started losing kids to soccer, they started tball."

Ware on baseball. Listen and learn, people, for there is plenty more where that came from, and Ware has the baseball knowledge teamed with a fearless desire to tell it to anyone willing to

listen. Ware is the proverbial baseball sponge, as early in his coaching career he was more than willing to learn every nuance of the game, especially when it came from someone like the late Red Sox legend Ted Williams. Many years ago, Ware coached for three summers at the Ted Williams Camp, and he has the photo of the slugger with him and young son Bob to prove it.

He brought all of that legendary baseball info with him to Malden, where he coached for 11 years in the tough Greater Boston League. got When he the Tewksbury job in 1983, Ware came from the baseball school of tough wins, and wasn't shy about letting the Tewksbury kids know that baseball was something more than an activity that you kill time with while waiting for the senior prom. His style may have ruffled a few feathers, but like any man with an ounce of pride, Ware never backed off, earning respect from anyone with a baseball brain years later. The veteran manager never took kindly to mental or fundamental mistakes. The 'new' guy on the block (Drouin) is cut from the same mold.

Ware's best season in Tewksbury

Ware remembers his

1988 Tewksbury team as the best of the bunch. That squad won the MVC Small School Championship led by the pitching of Peter Frend. That spring, Tewksbury was dominated by pitching, and for the most part, the players paid attention to Ware's baseball way of the world. The results that season

pleased the manager. The Redmen finished that regular season at 16-4 and won two games in the tournament before dropping a tough 9-8 game to Swampscott in the North Semifinals. That spring the Redmen impressed with MVC wins over Lowell, Andover and Central Catholic. Maybe Ware's message was finally taking hold in Tewksbury.

It also helped that Ware had an all-scholastic catcher in Chris Mader, who went on to play some in the Chicago White Sox system. Outfielder Scott DeVivo was also a fine player for the Redmen that season. Other solid players for Tewksbury that season were first-baseman Jay Rideout (all-conference) and Neil Olson (2B-DH) along with infielder Jeff Smith.

Desire a big part of this game

"I can teach you baseball, but I can't teach you the desire to play the game," says Ware. "I used to hate it when I put more into the game than the kids." That desire to Ware, means learning to play the game the right way. "My first year here, we had played three games and I still had five kids showing up wearing sneakers. I told them, anybody that doesn't have spikes by Monday isn't playing."

Isn't playing."

If he had to find a way to get a kid some dough for the right equipment, he would. Ware was all about winning, and his love for baseball comes through even today. When he could be lounging on a beach somewhere, he's out finding a game.

"I still love the game. I still love watching it," he says. "Ron is a good coach, and he's got very dedicated kids, and that's what wins ballgames."

A kid in a baseball candy store

candy store Ware shows up at a TMHS varsity game against Billerica with a scrapbook and photos of some of his baseball teachers and idols. He is ten-years-old again, pulling out photos of himself with Duke Snider. Tom Lasorda, Frank Robinson and Steve Garvey. Former Dodger great Ron Peranowski showed Ware how to throw different pitches as Sandy Koufax and Tommy John made the rounds talking prospects at Vero Beach, Florida, the Dodgers' spring training home for the past 60 years.

Ware is not all baseballbusiness, there is plenty



Bob Ware wears his Dodger blue as he talks with Dodger legend Duke Snider at Vero Beach, Florida. (courtesy photo).

Bob Ware's baseball career

• Fans 19 batters for Chelsea High School in a 6-2 loss to Lowell.

• The youngest player to ever play semi-pro baseball as a 16-year-old with the Kego Club of Everett.

• Played for the 1958 Hearst All-Stars at Fenway Park.

• Scouted by the St.Louis Cardinals, invited to the New York Yankees tryout camp after high school graduation. The San Francisco Giants also express some interest.

• Helped to pitch the Charlestown Cardinals to the 1958 Park League Championship.

• Pitched both games of a double-header at Salem State College. Earns the nick-name 'Iron Man'. Ware is undefeated in his sophomore and junior years. Finishes with an 8-1 record and leads Salem State to the New England Teachers' College Championship.

• Coached 21 years in Malden and Chelsea before coming to Tewksbury. Inducted into the Chelsea High School Hall of Fame in 1998.

• Scout for Philadelphia Phillies and Kansas City Royals.

• Manages Airport Restaurant team to consecutive championships (1976-77) in the Tewksbury Men's Softball League.

• Manages Tewksbury High School varsity baseball team (1988) to Small School Championship. Is the Redmen manager from 1983-89 after replacing John Bresnahan.

Some Dodgers with Ware

Bob Ware has a book full of photos and quotes from Dodger legends.

Tom Lasorda -- "He was a show and a half. He would tell me just how bad some of today's outfielders were."

Duke Snider "He told me that Juan Marichal was the toughest pitcher that he ever faced."

Carl Erskine- "He struck-out 13 Yankees in the 1953 World Series. He said that Stan Musial was the toughest hitter that he ever faced."

The old guys could play

Bob Ware managed a group of grizzled veterans to a pair of championship in the Tewksbury Men's Softball League. Airport Restaurant, dressed in the green and gold of the Oakland Athletics, had the best uniforms and the best team in 1976 and 1977. The summers at Livingston Street saw veterans of many a high school baseball game fighting off Father Time with good results. Many Tewksbury softball fans planned their nights around when the Airport team would be on the TMSL schedule.

Ware's teams featured such memorable players like Wayne Burke (P-SS), Joe Pedro, Bob Ferrante, Dan Wood, Guy Ministeri, Ron Olson and Eddie Sheehan. Ware remembers fondly when Olson placed a squeeze bunt to send home the winning run in the 1977 championship game. The champs fell behind Demoulas, 6-0 in the title tilt before coming back to post the 10-9 victory.

Paul Goodness, a former Merrimack Valley Conference baseball batting champion while at Tewksbury High School, also played softball for Ware. "He was a great defensive outfielder who could run," said Ware. Ware was careful not to leave out names like Mike O'Donnell, Brent St.Peter, Pete Adams, Bob Lecesse, Sr., Dick Stumpf and Wally Marsh. The guys on this squad left an emotional mark on Ware, with the post-game celebrations almost as legendary as the games.

Bob had a simple philosophy when coaching the older guys who still had something left in their competitive tanks. "I always put the legs in the outfield and the gloves in the infield. We always had three outfielders who could go and get the

ball."

The team was a blast to play for and to watch, but they gave their manager a headache when jobs or other commitments would get in the way of a game that night. "I called it dial a player," laughs Ware. "I'd be standing at home-plate going over the ground rules with the umpires and looking for that ninth car to pull in so

we could play the game."

When the team had a full nine, they seldom disappointed their manager or the fans. "Everybody that mentions that team always says that they were all good guys," says Ware.

-- RICK COOKE --

of joy there, especially when he is sharing the child-like awe of having his photo snapped with some greats of the game. "I showed Frank Robinson the picture of me and Ted Williams, and he told me that Ted couldn't hit the curve ball,' says Ware. Inside stuff for a guy who can't get enough baseball.

This is all great therapy for Ware, who in 1992 had a foot-and-a-half of his colon removed after a bout with cancer. For five winters now, he has spent six months just 22 miles north of where the Dodgers train. He leaves in October, comes home for Christmas, and is back in Tewksbury by the first week in May. Like baseball clockwork, Ware there for Dodgers' final spring in their Vero Beach home. He combines the fun and the kid-stuff with baseball learning sessions, taking in at least eight spring training games, some college contests, and a couple of clinics before heading north.

Plenty of time for family

Ware makes sure that you know how supportive and understanding his family has been for his love of baseball, and his recovery from an illness that would scare the best of us. His son Bob, 40 has coached and taught in Tewksbury for many years, and when his dad was toughing out a loss during his time in Tewksbury, the younger Ware put it all in perspective at precisely the right moment.

moment. "I was taking Bobby to pick up some hockey equipment one night after we had lost," remembers the dad. "I was quiet, and Bobby asked me what I was thinking about, and I told him about just how we had lost that day. I said, I can't stop thinking about it. Bobby told me, what's there to think about - you lost 11-3, and you only got three hits'. He was a lot smarter than me."

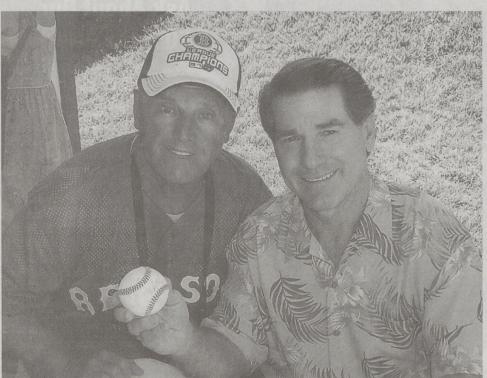
From that moment on, it's safe to say that the senior Ware began to get just a little more joy out of the game of baseball.

These days, when Ware is not watching baseball he of course takes time for his considerable brood and Corinne, his wife of 42 years. Son Bob has three youngsters - Alyssa (12 years old), Jessica (10) and Erica (6). They all list sports like hockey,

softball, gymnastics and soccer as their games of choice. Can baseball be far behind with a granddad like Ware?

Daughter Shannon helps her dad fill that little baseball void with her six-year-old son Devon. Bob was leaving the TMHS' game to throw batting practice to Devon, a baseball up-and-comer with the minor league Cardinals in Tewksbury. Shannon's younger son Ty (two years old) better be watching, because a sponge ball and bat are probably just two of the things on his Christmas list. Oldest daughter Kathi has a three-yearold son, Sean, so the lineup is complete for Ware, who isn't shy about busting his buttons over his

Ware has left a baseball legacy combined with a genuine love of family in Tewksbury. The seasons may change, and the weather around here might not always be baseball-ready, but Bob Ware's love of the game has never wavered. Opinionated, brash, never politically correct, but always wearing his baseball heart on his sleeve. Guys like this are hard to find these days. In Tewksbury, you can find



Tewksbury's Bob Ware with retired Dodger great Steve Garvey. There is no doubt just where Ware's baseball heart is, as he wore full Red Sox garb to the Dodger's Vero Beach camp. (courtesy photo).

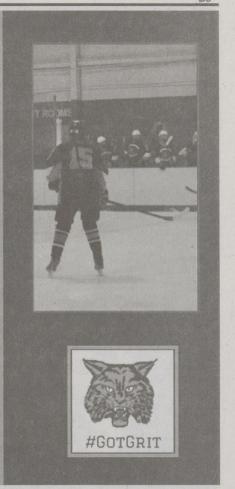


WILLIE STUART BOYS BASKETBALL



CONGRATS!

LILY MACKENZIE GIRLS HOCKEY



Sparks come away with Jr. League Championship Title

Junior League Semi-Finals

Mystics 14, Mercury 9 The Mystics prepared all season, which was evident through the girls teamwork all 24 minutes. Jocelyn Slattery led the team in scoring with four points, with Kiley Sawyer MacDonald, Giampa, Syd Schofield, Olivia Lafreniere and Sofia Lyons contributing two points each.

The selfless ball movement from Taelyn Smart, Sawyer, Sydney and Sofia was critical to the success and six players scor-

Defensively, Smart, Sofia and Riley Robson came up with key turnovers and rebounds which translated into offensive success. Allie Meagher, Cora Costello, Jocelyn, Sydney, and Sawyer did a tremendous job in limiting the Mercury's high powered offense, the pressure was constant and effective. Incredible teamwork by all ten players of the Mystics.

> Junior League **Championship Game** Sparks 18, Mystics 10

In a game that was much closer than the final score might indicate, the Sparks pulled out a hard fought victory over the Mystic to win the Junior League

Championship. Offensively, Comeau led all scorers with seven points including a driving layup with under two minutes to go, following a beautiful inbound pass Hayden Mohan. Sydney Hyslop added six points, with four of those thanks to her tremendous offensive rebounding. Jill Wagstaff had five points, none of which were more impactful than her free throw to extend the Sparks lead to four with just over two minutes to play.

Defensively, Emma Delaney jumped in a passing lane and had a steal with under a minute to go and Allison Fedoce was up to the task defending one of the league's top scorers for the entire third quarter. Brianna Gray, Isabelle Berger and Natalie Condon made huge contributions and were swarming defense, resulting in numerous jump ball calls.

For the Mystics, every single player hustled for



Team Sparks won the Tewksbury Youth Girls Basketball Jr. League Championship game this past weekend. The team includes front row from left: Allison Fedoce, Sydney Hyslop, Natalie Condon, Isabelle Berger and Jill Wagstaff; Back row from left, Coach John Hyslop, Emma Delaney, Avery Comeau, Brianna Gray, Hayden Mohan and Coach Brad Wagstaff. (courtesy photo).

every minute, leaving everything they had on the court. They should be proud not only for a great season, but more importantly, how they developed individually and collectively as a team every

single week. Sydney Schofield dribbled her way to two points, one assist and forced three turnovers defensively, while Sawyer Giampa controlled the point on the other line, orchestrating beautiful creating passing, turnovers and scoring points. Kiley MacDonald was her nor-

mal force on both sides of

Taelyn Smart and Sofia Lyons continued their incredible development, with Taelyn contributing four rebounds and five forced turnovers, Sofia with a game high nine rebounds and two steals. Jocelyn Slattery, Allie Meagher, Sydney and

the ball accounting for

four points, three

rebounds, two steals and

one assist.

Sawyer's defensive pressure was relentless up while Olivia Lafreniere, Riley Robson, point, Cora Costello, Taelyn, Kiley, and Sofia displayed the same under the bucket trying to limit the Sparks' incredible offense.

The Mystics played an incredible, hard fought game against a great opponent, where so many shots just couldn't find the bottom of the basket.

Intermediate League Championship Game Badgers 23, Eagles 22 the Intermediate league, the hard fought championship game between the Eagles and Badgers did not disappoint. The two teams had met twice during the regular season; with each taking a win. In the second half, the Badgers found themselves trailing by as many as ten points before putting together a wild fourth quarter come-

With only 13 seconds left in the game, and the Badgers trailing by one Reagan Maniscalco made a heads up play to come up with her seventh steal of the afternoon before bolting down the floor for the game-winning basket in front of a roaring crowd at TMHS.

Maniscalco led all scorers with 13 points, to go along with seven steals, five rebounds, a blocked shot and an assist in just 12 minutes of play. Delaney Salois was a force on both ends of the floor for the Badgers,

scoring fourpoints, including a pivotal buzzer-beating basket to end the first quarter.

Salois also contributed five rebounds and three steals. Brooke Dykeman came up big on the five boards with rebounds along with scoring a critical basket in the second half. Sophie Petropoulos continued to fill up the stat sheet as she had done for the team all season long with three rebounds, two steals and two important assists along with outstanding offensive decision making.

Avani Tiwari played excellent defense for the team for three quarters of play, including a vital steal in the game's final minute. Alazne Carvajal, who scored a key basket late in the Badgers earlier playoff game, forced a turnover in the fourth quarter and played solid defense throughout. Jordyn Cole could be ends of the floor, denying passing lanes and coming

up with key rebounds. Kayleigh Martin played the type of hard-nosed defense as she had for the team all year long, coming up with three steals and putting pressure on the Eagles talented ball handlers. Martin also chipped in with a crucial basket in the fourth quarter.

In the game's final minutes, the aggressive play of Lanah Slattery (five steals in the second half) helped force a turnover, before she came up with an offensive rebound and scored a key basket to put the Badgers within one with 1:25 left to play.

The win capped off a 10-1 season for the Badgers that saw the team claw back from double digit deficits on three separate occasions to eventually win by a single point. Their coach attributed much of the team's resolve to outstanding found hustling on both leadership on the court.

Garrity shines again

The Bryant track and field teams opened their outdoor season over the weekend in North Carolina, competing at the Bill Webb/Bob Davidson Invitational at High Point University. Nine individual athletes and one relay team finished in the top eight during the event.

Wilmington resident Emma Garrity posted the top overall finish for Bryant. She came home second in the 800 meters with a time of 2:15.77.



Emma Spengler in action for the Austin Prep Girls Hockey team during Sunday night's state championship win (photo by Bob DeChiara).

Spengler caps off career with state title FROM B1C

lay everything on the ice tonight and that's what all of these girls did."

Spengler made the AP team as a sophomore. That was a year after the Tewksbury/Methuen Girls defeated the Cougars 2-1 in double-overtime to take the state championship. Her first season, AP finished 17-2-1 and then beat four more teams in the state tournament, pushing them right back to the state final, but COVID-19 cancelled those plans and AP and Woburn were crowned co-state champions.

"When that 2020 state championship game got cancelled, that was just devastating and heartbreaking. Last year we didn't get to play for a state championship, but we played within our

semi-finals and that was (also) devastating. We put all of that frustration and devastation into the game tonight," she said.

Tonight, was the 4-1 state championship win. AP scored two goals in the first and two more in the second, but a good portion of the game it was 2-1 with Arlington's goalie making a lot of terrific saves. That was making things interesting for a bit, as AP had beaten Arlington 6-1 earlier in the season and were the heavy favorites to win this one.

"There was a lot of pressure but all of the girls rose to the occasion and we delivered tonight. Yeah we were nervous, but who wouldn't be? I had faith in the girls that we would

league and lost in the we kept working, kept pushing, and we needed to continue to put pucks on net and pressuring them," she said.

> Head coach Stephanie Wood said that Spengler has come such a long way in her three years.

> "Emma is someone who has gotten better every year. She never gets the high flash or the high roll, she will go in any position that we ask her to do. She was perfect on our third line tonight. She did her job. She got the puck up, she got it deep and just helped wear down the other team," said the coach.

AP, Before joining Spengler's hockey days started at the youth level in Tewksbury - a place that remains dear to her come out on top as long as heart despite wearing the

Green AP colors instead. "I was with Tewksbury Youth Hockey up until and Bantams (North Shore) (Girls team). Then this such a great feeling." year switched to the Islanders" she said.

me. They taught me my foundation of hockey."

Dedication pays off for

explosiveness, is the mental aspect," she said. "Pat has helped me with that and so have my coaches here (Stephanie Wood and Nikki Petrich). I remember when I came here as a sophomore, it was a big change and a big environment and it's high school hockey. They really restored my confidence in my playing. They got me to be as confident as I am in my playing and for that I am so grateful for the two of them.

During the regular season this year, Hanafin - whose father Steve was a terrific baseball pitcher at WHS finished 22-0 with 16 shut outs, an unbelievable marks including an 0.41 Goals Against Average and a.974 save percentage. She allowed just nine goals in 22 games.

In the post-season, she went 5-0 with three shut outs, posting similar numbers of 0.40 GAA and a .975 save percentage, all while allowing just two goals in five

Those numbers combined resulted in a 27-0 record, an 0.40 GAA, a .976 save percentage and 19 shut outs. She allowed just 11 goals in 27 games.

But numbers never tell the whole story. The state championship title is much more than numbers.

"As much as I have to put a hard effort in there, my team put just much effort in," she said. "We as a team won that game. It was not one person, we as a team just did that. I think that's super important with the team bonding over the season, the 6 am practices and just being there for each other and all of that really transformed into how we played on the ice. It really showed with the energy on the bench, which was really then amazing. When there was tough moments, (the players switched to play for the on the bench) really pushed us. It resulted in a big Vipers third period which we very well needed and this is just

While the numbers are all very impressive, Hanafin and the rest of the team felt incredible pressure all Despite wearing the season, especially heading into this final. The Cougars 'wrong' colors, Spengler were 26-0, the No. 1 seed - all season long - had said that she was cheering outscored teams 152-10, including an earlier 6-1 win on Tewksbury, including over their state final opponent. A loss would have been many members of the one of the biggest upsets in high school hockey memoteam who she has been ry. Having that pressure and tension building on you friends with since her first each and every day, easily can result in mental mistakes, holding the stick a bit tighter, trying to do too "I'm so proud of what much, taking silly penalties. The Cougars jumped out they did, (winning the to a 2-0 lead before Arlington scored late in the first. state championship)," she After that the Cougars hung in there, keeping it a onesaid. "I loved everything goal game until under three minutes left when AP that Tewksbury taught scored two goals, the last an empty-netter.

"We knew coming in here that we had a red-blazing laser on our backs. We came in (26-0) so we had a big, A foundation that turned red flashing target," she said. "We knew that everyone her into a state champion. was going to come for us and everyone wanted to beat us and no one wanted us to have that undefeated season. We just really focused on our play, we didn't focus on the noise around us and we just played how we knew

> "We followed the coaches game plans, kept it simple, listened to their plays when they told us to do things a certain way. That was such a huge part, especially with our team's ability to move the puck so quickly and efficiently. When we play as a team and not as individuals, it's very, very hard to stop us. With our abilities and attention to detail, applied with our speed, it's

> very tough (to stop us)." When things were getting intense in the second and third periods, which included a huge save down the stretch off the stick of Julia Krepelika, Hanafin said that she was able to get through those pressured moments, thanks to another influential figure.

> "Before each period, I'll say a Psalms Verse to myself. I'm very Catholic and it's a big thing in my family. The verse I said last essentially means that if you act in good spirits, God will reward you and you'll live a great life of happiness essentially. I felt that I was being positive and if I did what I was supposed to do, with my Lord besides me, it would be a huge benefactor on how the game would transform," said Hanafin.

The championship win finished off one incredible career for Hanafin, and the rest of the AP team.

"Lauryn has just been rock solid and has been a huge part of this team's success," said head coach Stephanie Wood. "We have great defensemen, great forwards, so if teams are lucky enough to get through them, they then have to deal with her. It's been kind of a dream team for ice this year."

Austin Prep polishes off the perfect season, wins D1 State Championship Title

FROM B1C

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Jessica Martinson, a sophomore from Wilmington, was part of the D1 State Champion Austin Prep team this season. (photo by Bob DeChiara).

tfoot finishes fourth at Folkstyle Wrestling National Tournament

year as the reasons why she was able to improve so much from one year to

"I think I just got better from practicing a lot and then I have gotten a lot stronger by going to the gym and working out a lot," Lightfoot said. "I also felt like I knew a little more of what to expect

training over the past and how fast she is," Kasprzak told Town Crier Sports Editor Jamie Pote after that tournament. "When she realizes that and uses that to her advantage, she's going to be quite the force to be reckoned with."

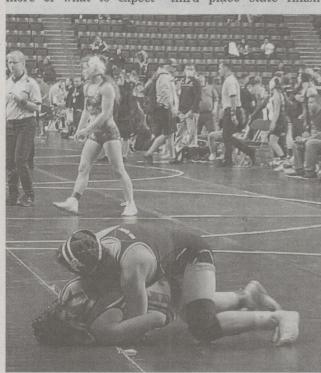
Lightfoot is hoping to be a force to reckoned with for years to come. With a third place state finish

her belt as just an eighth grader, her future looks very bright indeed, and

at nationals already under she is looking to progress even further in the years to come at both state and national level.

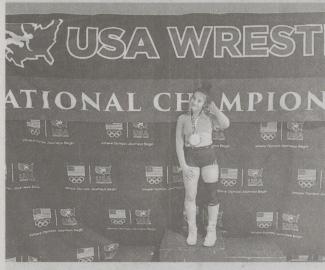
season," Lightfoot said. "I think I will know even more of what to expect

"I am excited for next after wrestling in high school this season."



Tewksbury resident Brooke Lightfoot, an eighth grader, finished fourth in her weight class at the Folkstyle Wrestling Tournament held out in Colorado.

(courtesy photos).



from my opponents after and a fourth place finish

going up against high schoolers this season" Lightfoot, who went 3-2 overall on her way to her fourth place finish, started her tournament with a bve in the first round before picking up a 4-1 win over Alyssa Solis of Colorado. She was then defeated in her next match by Colorado state champion Timberly Martinez, who would go on to win the national

championship. Lightfoot was deterred by that setback, however, as she bounced right back in the consolation bracket with a win over Breezy Johnson, also of Colorado, before losing her third place match to Isabella Miller of Iowa.

The loss to Miller capped off an impressive tournament for Lightfoot, with both of her losses coming to national champions Martinez would go on to win the title in this tournament, Miller had won the USA Preseason National Championship back in October.

The fine performance at Nationals was just the continuation of a fine stretch of wrestling for Lightfoot, who went 5-1 at the MIAA Girls All-State Wrestling Tournament back on February 27 in Fitchburg, with her only loss coming to eventual state champion Tarmarie de la Torre of New Bedford. Lightfoot would eventually finish third at 118 pounds with a victory in her third place match over Sophia Simonelli of Barnstable.

"It was pretty intense competition," Lightfoot said of her experience at the state meet. "After wrestling an practicing with the boys team all season, I felt pretty confident going up against the girls.

Tewksbury Wrestling coach Steve Kasprzak was not surprised at all to see Lightfoot do so well at the state meet, and he also expects big things from her going forward.

"Brooke has really good speed. She's very light on her feet and I don't think she realizes how quick



The North Shore Vipers U13-1 Hockey Team recently wrapped up their regular season and competed in the Massachusetts State Championship in Marlborough, MA. The Vipers, with an overall 34-15-5 record, lost 1-0 to the eventual State Champion Mass Spitfires, who are ranked No. 1 in the country. The Vipers, ranked No. 3 in the country, received their official invite from USA Hockey on March 15th to compete in the Chipotle USA Hockey National Championships which are held in West Chester, PA from March 31st thru April 4th.

The Vipers are: Shae Gould (Wilmington), Julia Lambert (Wilmington), Gianna Young (Wilmington), Lydia Barnes (Tewksbury), Lyla Chapman (Tewksbury), CJ Tremblay (Burlington), Janie Martin (Burlington), Kate Glantz (Burlington), MJ Petisce (Methuen), Lucy Irwin (Windham), Michele Caiazzo (Andover), Cecilia Riff (Andover), Merritt Fitch (Winchester), Chloe Sullivan (Reading), Sam Toomey (Reading), Vicky Hausberger (Nashua), Morgan Linskey (Beverly).

The Vipers are coached by Keri Allan, Kerry Brennan, Mike Martin, & Justin Young.

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Lauren Oosterman Cossette Dietary Supervisor



Kay Fernandes Nursing Supervisor



Cara Alexis CNA

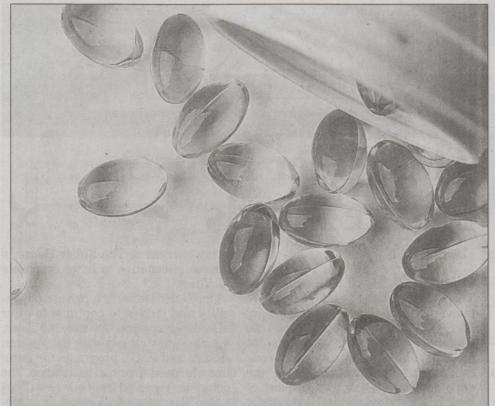


Ashley Doherty Nurse's Aide



Bhumi Karki CNA

The exceptional staff at Oosterman's Rest Home allows us to provide exceptional care for all our residents.



Research: Vitamin D plays an important role in immune health

helping with bone health, but its benefits extend beyond that. Due to its positive effects on the respiratory and immune systems, more than 100 clinical trials have been conducted since the onset of the COVID-19 pandemic to look for links between vitamin D and COVID-19.

Higher blood levels of vitamin D correlated with lower incidence or severity of COVID-19 in most reviews of the research.

Thirteen recent metaanalyses examined data from 100-plus independent studies. Most studies focused on vitamin D blood levels and COVID-19, while two exclusively looked at vitamin D consumption in relation to the illness. Most analyses reveal that higher blood levels of vitamin D appear to be correlated with lower incidence or severity of COVID-19,

Vitamin D is known for whereas lower blood lev- have led to different reels of vitamin D appear to be correlated with a more severe case of COVID-19.

> "Increasing evidence suggests a link between higher vitamin D levels and lower incidence of COVID-19," said Luke Huber, vice president of scientific and regulatory affairs at the Council for Responsible Nutrition (CRN). "We have known for years that vitamin D plays an important role in immune health, and now there are multiple meta-analyses that appear to demonstrate the benefits of this nutrient in COVID-19."

One statistical review found that intervening with vitamin D in an active case of COVID-19 reduced chance of death, though another, smaller meta-analysis did not see a statistically significant relationship. Timing and dosage of those vitamin interventions may

sults. Summaries of the meta-analyses and links to the research are available on the CRN Foundation's "Vitamin D & Me!" website.

"Consumers need science-based evidence to make informed health decisions," said Brian Wommack, CRN Foundation executive director. "We hope consumers use these findings to better understand how nutrients like vitamin D support their goal of living a healthy lifestyle."

Prevalence of low vitamin D status

Low vitamin D status is increasingly common. The prevalence of vitamin D deficiency (VDD) was found to be 28.9%, and vitamin D insufficiency (VDI) 41% in 26,010 U.S. adults surveyed as part of the ongoing National Health and Nutrition Examination Survey from 2001-

Allergy and Hayfever Relief

Maida

Compounding

& Wellness

MANAGING YOUR ALLERGY CHALLENGES

By Angelo Maida, PharmD

Hay fever is an allergic inflammatory condition of the nasal passages that affects a large portion of Americans. For some individuals, allergies are a seasonal manifestation. For others, allergies are a year-round challenge.

The term "hay fever" originated in the early 1800s when individuals suffered allergy symptoms during the hay

growing season. The symptoms commonly seen with hay fever and seasonal allergies are watery, itchy eyes, nasal congestion, excessive mucous production, and sneezing. Histamine, which is produced by the mast cells, creates a cascade of events that are meant to flush out the offending substance from the body. That is why antihistamines are commonly used to

address the symptoms of histamine release. However, antihistamines come with a number of adverse side effects. Fortunately, there are several natural substances that may help to manage allergy challenges without the side effects found in traditional antihista-

mine products.

Vitamin C Buffered 500 mg taken 2-3 times daily has been shown to be beneficial against allergies by expediting the elimination of inflammatory histamine from the body. Quercetin, another natural substance, can serve as a mast cell stabilizer, blocking the release of histamine. Quercetin has also demonstrated a bronchodilator effect, helping to open the airways of individuals with asthma.

Aller-Calm Complex is a unique formulation featuring all the above ingredients, as well as additional ingredients in a single tablet that supports allergy and asthma relief. Aller-Calm Complex has been shown to help relieve allergy symptoms in most individuals with allergies and asthma, as well as minimizing the need for prescription medications. Aller-Calm Complex is safe for both children and

Medical studies are indicating that allergic reactions, for many individuals, can be caused by permeability in the gut, what is known as leaky gut syndrome. Since most allergens are pro-

tein based, low stomach acid and the inability to digest offending proteins can create issues when those proteins cross over from the gut into the serum. For individuals presenting chronic allergic problems, Gut Restorative PRP can be helpful in restoring healthy gut immune function. Once the gut is restored, a quality probiotic can help to maintain gut health. Omega-3 essential fatty acids,

like those found in Omega-3 Fish Oil Enteric Coated, have been shown to be beneficial in managing inflammatory allergic and asthmatic symptoms. Seventy percent of our immune function and our ability to resist allergens is found in our gut. So, maintaining good gut health daily can be essential for the management of allergic issues, regardless of the

source. Maida Pharmacy supplements feature "professional-grade" quality vitamins and supplements. But what does this mean for you? The ingredients used in Maida Pharmacy products are sourced from only the most trusted industry leaders. Where many companies seek out the least expensive ingredients for their products, we seek only the highest quality ingredients. These ingredients are further tested for purity and potency by certified labs. We can state with pride that our products are continually tested from the farm to the pharmacy.

Vitamin C Buffered 500 mg, Quercetin and Aller-Calm Complex are available in the Maida Pharmacy Mass Ave Arlington location or thru the Maida Pharmacy online portal.

A family-owned pharmacy, Maida Pharmacy has served Arlington and surrounding communities since 1933. Our consultation programs can provide nutritional recommendations addressing your unique concerns. We always recommend that you consult with your healthcare professional before starting a supplement regimen. See our ad to order online from our full product listing with free shipping on orders of \$50 or more. Discover the ease of online shopping with Maida Pharmacy. Maida Pharmacy provides nutrient solutions for a healthier life!









Four easy ways to limit carbs in 2022 for a healthier you

Heading into the new which comes in two flayear, you may be thinking about ways to work on your health and wellness. A new year is an ideal opportunity to consider positive lifestyle changes, and what you choose to eat is a big part of that. The good news is, you can focus on nutritional goals while still enjoying the food you eat.

"Think about important nutrients your body needs to stay healthy, like protein, healthy fat and fiber, when choosing what to eat," says registered dietitian nutritionist Kristin Kirkpatrick, M.S. "Focusing on foods with those nutrients, while reducing carbs, can help you stay on track toward your goals."

Here are Kirkpatrick's tips to help you limit carbs.

1. Utilize net carbs to your advantage

The great thing about tracking net carbs is that it helps you get the most bang for your nutritional buck, as an essential component of a net carb calculation is to deduct fiber. In the low carb world, fiber is found in nuts, seeds and cruciferous vegetables (like broccoli or cauliflower). Fiber is not digestible, which is why you deduct it from the total carbs. Adding more of these foods into your daily routine means you're getting fewer digestible carbs and more healthy fats, vitamins, minerals and antioxidants.

2. Add indulgences to stay on track

It's much easier to stick with healthier lifestyle changes if you include foods you truly enjoy that also provide nutritional content.

"I advise my patients to indulge but indulge smart." adds Kirkpatrick.

One great choice is

vors: Quest Birthday Cake Frosted Cookies Quest Chocolate and Cake Frosted Cookies. These soft, bite-sized cookies are enrobed in either a birthday cake or chocolaty coating that satisfies your sweet tooth with less than 1 gram of sugar, 5 grams of protein and 1 gram net carbs per serving* so you can enjoy these delicious treats and stay on track with your nutritional goals.

*See individual product for nutrition information, including calories, total fat and saturated fat content.

3. Understand how soon you'll see benefits

"When you limit carbs, the results can be seen fairly quickly," says Kirkpatrick. "That's because the process of limiting carbs (at least in the beginning) leads to a reduction in water weight. Before the real weight starts coming off, you can start seeing the benefits. Sometimes, just feeling lighter will keep you motivated to continue in the beginning."

Additionally, limiting carbs means reducing processed foods and sugar. Multiple studies have found these eliminations to be beneficial to mental health. So, limiting carbs can help you with your physical health as well as your happiness factor!

4. Swap dips and sides Most dips and sides can be made low carb and reinforce your healthy habits. For example, you can make spinach-and-artichoke dip (a source of antioxidants) with almond flour (or no flour at all), snack on an apple with no-added-sugar peanut or almond butter, or dip low carb chips into a healthy fat source like guacamole. These options give you way more Quest Frosted Cookies, nutrient density than the

potato chips or pretzels you might be tempted to grab. They also help you

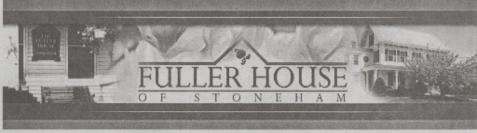
feel fuller, longer. Here are other lower carb dip ingredients to

Mayonnaise. This versatile condiment has zero carbohydrates. You can create plenty of dips combining mayo with mustard and/or sour cream.

* Mustard. Add zing to your dips with mustard, as it contains zero net carbs. Some mustards will have added sugar or honey, so be sure to check labels.

Sour cream. While you may think full-fat sour cream is not the best choice, it actually contains fewer carbs than the low-fat version - and a lot fewer carbs than non-fat sour cream. It also adds flavor to any recipe and combines well with a variety of herbs and spices.

Meeting your health and wellness goals for 2022 will be easier if you center your goals on nutrition as well as enjoyment of foods you eat that also help give you what your body needs.



The Fuller House **Future Funds**

Dear Friend.

I am writing to you on the behalf of The Fuller House of Stoneham as we launch our new Charitable Campaign; the Fuller House Futures Fund. We continue to thrive as we approach 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a recurring donation, as a memorial with a passing of a loved one or within estate planning.

Our quaint Bed and Breakfast style private bedroom facility is beautifully landscaped and maintained offering 24 hour care. Our affordable rates include three daily home cooked meals and snacks, medication management, assistance with ADL's (daily tasks), activities and additional amenities. The committed staff consistently goes above and beyond to ensure all the residents are well cared for; we truly are a family. Our qualified Staff and Board of Directors are committed to the on-

going success of The Fuller House; a unique alternative to large corporate facilities.

The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. The donations received from our new Charitable Campaign will assist in maintaining the quality services that we offer and help to ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong

Become a part of our continuing history; donate now and make a difference by giving to The Fuller House Futures Fund. All donations are greatly appreciated and can be submitted to

> The Fuller House located at 32 Franklin Street Stoneham, MA 02180 or online at our website FullerHouseofStoneham.com

TOURS ARE ALWAYS WELCOMED Warm Regards, Judy Gallucci O'Brien, **Executive Director** James Corso, **Board of Director President**



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When it comes to supporting seniors, choosing care is personal

No one likes to be in a position of asking for help, but as we get older, most of us have to get comfortable accepting assistance. The question is, how can you get reliable help without giving up your independence?

Consider PACE, like the Element Care PACE program that serves older adults across the North Shore and Merrimack Valley. PACE (Program of All-Inclusive Care for the Elderly) includes many kinds of support for older adults who need extra help but want to keep living in their communities.

A big part of what makes this program unique is the healthcare. Rather than chasing appointments all over town, all of your healthcare visits happen through Element Care PACE, including dental, vision, and hearing, as well as mental health, nutrition, and physical and occupational therapy.

Participants in the program also gather at Element Care centers in Lynn, Gloucester, Beverly, Methuen and Lowell, where they can socialize, enjoy meals, exercise, and take part in activities. At the end of the day, you get to go home to your familiar surroundings.

More help is something we all need as we get older. With a program like Element Care PACE, participants get to enjoy true independent living, at home in the community, along with highly personalized and all-inclusive care for all the important things.

If you or a loved one could benefit from PACE at Element Care, call today to talk to their staff at (877) 803-5564 (TTY 711). Or, learn more online at elementcare.org.

Year 2022 - Legal Checklist?

by Susan M. Mooney, Esquire

By Susan M. Mooney, Esquire

2022 is a year like no other. The events of this year have made us look opinion as a practicing estate plan-

at our to-do-lists more seriously and estate planning has moved to the top of the urgent list for many. In my

ning and elder law attorney, estate planning is for all times and for people of all ages, but year 2022 has brought many of us to the realization of the importance of having a current estate plan in place.

In addition to management and division of one's estate (assets) after death, through Wills and sometimes Trust documents, a proper estate plan should include documents related to lifetime planning and protections, such as a Durable Power of Attorney and Health Care Proxy. These documents insure that during lifetime an individual's financial and medical needs, intentions and wishes are followed. These documents take care of you and your decision-making during lifetime (while other documents, such as Wills and Trusts are related only to division of your belongings and other assets after your death).

The following are suggested documents to be considered in establishing or reviewing an estate plan to meet your individual needs and to be included on your 2022 legal checklist. IN MY OPINION THE DURABLE POWER OF ATTORNEY AND THE HEALTH CARE PROXY ARE THE TWO (2) MOST IMPORTANT LEGAL DOCUMENTS ON THIS LIST FOR EVERYONE, however I have also included other estate planning suggestions to consider.

1. DURABLE POWER OF ATTOR-NEY: A Power of Attorney is a very simple and inexpensive legal document that allows you to designate an individual who is authorized to act in your place during your lifetime in order to conduct and participate in financial transactions on your behalf, such as, cash checks, deposit or withdraw funds, pay bills, access retirement funds, IRAs, 401ks, insurance, annuities, or sell, buy or mortgage real estate, among other things. In short, this person, called your agent or attorney-in-fact, should be able to conduct any financial transaction in your place if you are either unable to do so, or if it is simply not convenient for you to do so, either temporarily or permanently. By executing a Power of Attorney, you avoid the risk of the Court appointing a Conservator to manage your affairs if you were to become unable to do so. The Court proceeding is costly and the Court may appoint someone to be in charge who may not be the person would select if given the opportunity I suggest that you name a first and second choice as your agent(s) under a Power of Attorney to avoid the risk of a Court proceeding to apto act on your bepoint someone

2. HEALTH CARE PROXY: The Health Care Proxy is the single most important legal document that any individual can have. It is a simple and inexpensive legal document that appoints the person of your choice as your health care agent, to speak on your behalf for medical decisionmaking in the event you are not legally competent or conscious to do so. Again, it is important to name at least two (2) agents, a primary agent and a secondary, for your protection to avoid a Court appointed Guardianship, which is costly and can take weeks or months when a decision might be needed urgently.

Keep in mind that during the ongoing COVID-19 emergency, our Courts have been closed and access restricted even when open on limited basis, makingthe Durable Power of Attorney and Health Care

Proxy even more critically impor-

tant than in pre-

COVID-19 estate planning. 3. WILL: Determine if you need a

new Will, or if you need to update or amend a current Will.

4. TRUSTS: Determine if a Trust is right for you. A Trust may be advisable if there is a specific need for holding assets in Trust, such as protecting assets for minor children or disabled individuals or for tax planning, or in some cases an Irrevocable Trust for long term care planning.

5. BENEFICIARY DESIGNATIONS: Review and update all assets that allow you to designate a beneficiary, such as Life Insurance, Annuities, IRAs, 401ks, Retirement plans, etc.

6. REVIEW OWNERSHIP OF BANK AND INVESTMENT ACCOUNTS:

Bank accounts and investment accounts generally allow for PAYABLE ON DEATH (POD) or TRANSFER ON DEATH (TOD) designations. This form of ownership is generally advisable for your protection as opposed to adding children or other relative'snames to joint ownership on your accounts, which is generally ill advised.

7. LONG-TERM CARE PLANNING: Is there any planning advisable or recommended for you in the event that long-term care is needed or imminent?

8. IRREVOCABLE PREPAID FU-NERAL PLAN: Should you consider the purchase of a prepaid funeral plan, to insure that your intentions are followed and mostly to protect funds for proper burial?

Remember that every individual's situation is unique, whether it is assets, health issues, or family situations. It is important that you receive personal advice related to your specific situation and estate planning needs from qualified professionals. Nothing contained in this article is

intended as legal advice specific to your personal situation. Please consult an estate planning or elder law attorney of your choice to review your personal planning and circumstances. About the author: Attorney Susan M. Mooney received her law degree, summa cum laude, from New England Law/Boston in 1987 and undergraduate degree from the University of Massachusetts. She is admitted to practice in Massachusetts State and Federal Courts and the Supreme Court of the United States. Ms. Mooney is a member of the National Academy of Elder Law Attorneys (NAELA). The Academy is a professional association of attorneys conwith improving availability and delivery of legal services to elders. Ms. Mooney is an active member of the Massachusetts Bar Association and Massachusetts Academy of Trial Attorneys.

The Law Offices of Susan M. Mooney, P.C., 51 Main St. Suite One, Stoneham, MA celebrated thirty (30) years doing business in Stoneham in 2019. The firm has offices located in Stoneham and Gloucester, Massachusetts. For further information about estate planning, visit our web site at www.susanmooney.com. The firm offers legal services in various areas of practice including, Probate and Elder Law, Wills, Trusts and Estates.

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- · Need a referral to a doctor or therapist but cannot spend hours on the phone?
- Need help navigating government benefits?

Just Hand it Off!!

Kerstin JD Lochrie, MBA, Director



Fax: 1.781.939.2521 lochrie110@gmail.com Cell: 781.690.0517



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Tewksbury Police Log

Two arrested for distributing counterfeit drugs

Monday, March 14

12:16 p.m. - Caller reported her stimulus check was stolen at East Street. Police sent. Officer spoke to the party, report to follow.

2:18 p.m. - Caller stated a white van parked on the side with a male party that was cutting down trees at Rockland Avenue. Police sent. Officers spoke to party. He was cutting trees that had fallen for fire-

10:52 p.m. - Police out at the Lowell Line at Andover Street for suspicious activity. Officer filed a report.

Tuesday, March 15

6:17 a.m. - Caller reported a trash barrel with a 'radioactivity waste sticker' on it at State Street and was concerned for safety. Police sent. The barrel was full of recycle materials and nothing hazardous.

10:05 a.m. - Police out with abandoned motor vehicle at Andover Street and Highwood Drive. Lawrence Police Department went by address and they were unable to make con-

11:19 a.m. - Caller reported suspicious activity at Ames Hill Drive. Police sent. Officer spoke with the party and reported to fol-

12:18 p.m. - Caller reported a brush fire outside above Rogers Street. Police sent and requested fire investigator. Captain notified and the fire was extinguished.

1:59 p.m. - Police out on Rogers Street and Kennedy Road for reports of a person living in the woods. No one found in the area and officer filed a report.

5:08 p.m. - Caller reported erratic driver at Champion Street and Whipple Road. Police sent. They spoke to a driver who stated that he beeped his horn because the driver was going 10 miles under the speed lim-

11:17 pm - Police out at

Holiday Inn for suspicious activity. Erica Bagasse, 27, of 91 Colburn Ave. in Dracut, was arrested and charged with distribute counterfeit drugs. Paul Plouffe, 38, of 258 Tyngsboro Road in Dracut, was arrested and charged with distribute counterfeit drugs, pos-

Wednesday, March 16

sion class B drugs.

session ammunition with-

out fid card, and posses-

11:09 a.m. - Caller reported a male and female at Oakdale Liquor that were professional pan handlers" and they were recently kicked out of Wilmington Plaza. Police sent to check the area but unable to locate.

6:49 p.m. - Caller reported possible open door at Patten Road as well as broken pillar in front of the house. Police reported that the storm door doesn't latch. Storm door was caught by the wind, which damaged the pillar. Home was vacant. Neighbor was going to reach out to the home owner.

Thursday, March 17

2:46 a.m. - Police out at Walmart with two parties in the parking lot. Patries were employees of Walmart.

6:48 a.m. - Police out with a motor vehicle at Eagle Drive, unoccupied with hazards on. They were unable to make contact within house phone number. The vehicle was secure and would respond to the residence. Male party called in and AAA was en-

10 a.m. - A 911 caller reported he was just assaulted by a male party at AT&T. Male went into the Carewell next door. Male was wearing a blue shirt, black pants and was about 300 pounds. He was operating a motor vehicle. Officer filed a report.

ed an erratic operator traveling north up Main Street crossing over the yellow lines at Macs Dairy Farm. Police sent. Michael Foley, 51, 70 Elaina Millard Way in Tewksbury, was arrested and charged with OUI

7:36 p.m. - Caller report-

liquor, negligent operation of motor vehicle, and possess open container alcohol in motor vehicle.

Friday, March 18

12:54 a.m. - A 911 call from the East Street location for an erratic driver. The caller reported the vehicle went to Andover. Call transferred over to Andover.

1:49 p.m. - Manager at Dunkin' Donuts called in disturbance in drive thru, irate customer saying they were owed a refund. Police sent and filed a report.

7:08 p.m. - Officer out on a warrant arrest at Police Headquarters. Andrea Jeffrey, 55, of 9 Revere Road in Tewksbury, was arrested and charged with a warrant for failure to pay

Saturday, March 19

12:12 a.m. - A 911 call from St. William Church and Parish Center for three males and two females in their 20s acting suspiciously. Police sent. The vehicle was gone on arrival and the officer spoke to the caller who could not recall a plate or description.

1:45 p.m. - Caller reported employees were stating that there appeared to be

suspicious activity related to the room at Holiday Inn. Police sent. Officer spoke with the reporting party and checked the area. There was no suspicious activity found.

7:04 p.m. - Loss prevention from Walmart reported a male walking out, would not stop after he took electronic item. Officer has vehicle stopped in Home Depot parking lot. Chetan Patel, 52, of 148 Bunker Hill Ave. in Lowell, was arrested and charged with larceny under \$1,200 and unlawful possession of theft detection device deactivator or remover.

10:29 p.m. - A 911 call for an erratic driver at Main Street. Police sent. Brian Fitzpatrick, 29, of 31 Ballardvale St. in Wilmington, was arrested and charged with second offense of OUI liquor and marked lanes

Sunday, March 19

12:48 a.m. - Caller reported a verbal argument in the first floor of the building at Residences at Tewksbury Commons Tower. Police sent. No domestic; verbal disagreement over who was spending the night. Officer filed a report.



Wilmington Police Log

Many more issues reported involving the MBTA, Keolis

Friday, March 11:

1:26 p.m.: A disturbance was reported at the Milestone Group House on High St. when a client walked away from the program with the staff following. The client was found on Nelson Way and returned to the program residence.

5:13 p.m.: A motor vehicle crash occurred between a brown 2014 Honda CR-V and a blue 2020 Promaster 3500. The caller reported she was rear ended by an Amazon delivery driver while exiting the ramp onto Concord St. The driver initially would not give her his information, but police assisted with the paperwork exchange.

5:34 p.m.: The owner of a white 2021 Toyota Highlander reported her vehicle was struck at the Target on Ballardvale St. while she and her mother were in the store for about 30 minutes. No one witnessed the incident and the other vehicle had departed.

Saturday, March 12:

11:52 a.m.: A motor vehicle collision was reported at the Sunrise Market on Main St. between a white 2008 Ford Econovan and a red 2018 Chevrolet Silverado. The driver of the Silverado was in the store and was informed that her unoccupied vehicle had been struck by the van, which had gone. The van was located at 967 Main St. The truck suffered minor damage and the driv-

er of the van was unaware he had hit the truck. Paperwork was to be ex-

7:13 p.m.: A two-car motor vehicle collision with airbag deployment occurred at Concord St. and the I-93 Northbound Ramp. A black 2008 Ford Ranger and a black 2018 Chevrolet Equinox were involved. A&S towed the Chevrolet and the other vehicle was able to drive away.

10:57 p.m.: A burglary (Breaking and Entering) was reported on Salem St. The caller stated their Nest camera notified them of what appeared to be a flashlight in the kitchen and requested a perimeter check. An open window was found in the back of the home and police requested a K9 unit from the state police in Peabody. Reports came from various sources reporting sightings of a person or tracks in the area from Salem St. to Frederick to Middlesex and High to Jefferson to Cunningham. A resident on Middlesex Ave. reported having footage. State police eventually called the search.

Sunday, March 13:

4:30 a.m.: A caller on Glen Rd. reported he had been sitting at the tracks there for at least five minutes while the lights flashed and the gates were down; however, no train passed. The MBTA was notified as well as Keolis and both were on the scene until the situation was rectified.

6:18 a.m.: A dead coyote was reported in the roadway near the hydrant between Target and 220 Ballardvale. The DPW was notified and the animal was removed.

4:29 p.m.: A burglary (Breaking and Entering) was reported on Beeching Ave. The caller reported she left for work in the morning and arrived to find her front door open with no apparent forced entry. Police confirmed the break-in. Cameras are in the area and detectives are hoping for footage.

Monday, March 14:

7:56 a.m.: Police received a complaint stating that the school bus does not regularly stop at the Woburn St. and Quail Run railroad crossing at 2:45

9:54 p.m.: Timothy P. Goodale of 7 Carriage Way in North Reading was arrested on Warrant All Others. His gray 2014 Jeep Cherokee was stopped on Middlesex Ave. near Reading Cooperative Bank for an expired license, no front plate and speeding.

4:19 p.m.: A possible Breaking and Entering on Pilling Rd. from March 8 was reported.

Tuesday, March 15:

9:32 a.m.: A caller on Rollins Rd. reported suspicious activity. A ladder owned by the homeowner was placed against the house and raised to the second floor windows by an unknown party. The windows were locked and no entrance was gained.

9:49 a.m.: Nickolas J. Flammia III of 91 Grove St., Apt. #2 in Haverhill was issued a summons for Speeding in Violation of a Special Regulation and Operating A Motor Vehicle With a Suspended License. The black 2017 Ford Explorer was pulled over on Martens St.

10:51 a.m.: Loose horses were reported running down Chestnut St. Police reported all horses were eventually secured in their paddock, and the homeowner and a supervisor from Eversource were discussing the back gate.

1:36 p.m.: The railroad gates were down on Glen Rd. with lights and bells activated with no train in sight. Keolis was notified and the situation was rectified while police remained in the area to monitor. It was found that the heat was left on in the control box during the

heated the following day with warmer temperatures. The room was aired out and allowed to cool

night and the room over-

Wednesday, March 16:

2:29 a.m.: On Salem St. there was another report of train gates being down with no train passing by. Both Keolis and the MBTA Police were notified. The MBTA did not wish to send a unit if it was to be a quick fix, but Keolis could not give an ETA. The MBTA Police were notified again and informed they needed to respond, which they eventually did.

6:46 a.m.: A motor vehicle collision occurred on Lowell St. between a white 2014 Toyota RAV4 and a deer. A trooper moved the deer to the side of the road and the Animal Control officer assisted with removal.

11:28 a.m.: There was a report of train gates stuck in the down position at both Woburn St. and Kilmarnock St. Keolis was notified and a maintenance crew was sent to each location. Keolis reported the cause on Kilmarnock was a blown fuse, which they replaced.

Thursday, March 17:

1:46 p.m.: Police received a report of one train gate stuck in the down position and alarms sounding with no trains in sight on Main St. Keolis was notified and was sending a crew. The MBTA police were also notified and requested that a cruiser respond. An Amtrak train came through the crossing at full speed. Another train also passed and both arms lowered and alarms activated correctly. Keolis called to state that they went to the tracks opposite the train station on Main St. and that all was operating correctly, only to be informed that it was the wrong location and the issue had been at 613 Main St. The problem was eventually resolved.

1:59 p.m.: An App Tree employee in the vicinity of Longview Rd. was possibly soliciting without a permit. The police located the party on Marcia Rd. A manager from App Tree was en route to the location and was unaware of the bylaw regarding solicitation without a permit. The parties agreed to cease until permits can be obtained.

Seven students make Dean's List at Bryant Univ.

SMITHFIELD, RI Bryant University is pleased to recognize the students who have demonstrated an unwavering commitment to academic excellence and achieve-

The following students have been named to the Deans' List for the fall 2021 semester.

ment.

WILMINGTON

• Michael Fiorenza,

Class of 2023

• Emma Garrity, Class of 2023

• Julia McLaughlin, Class of 2023

• Taylor Briggs, Class of 2022

· Alexa Kelley, Class

of 2022 • Anthony McKearney,

Class of 2022 **TEWKSBURY**

• Rebecca Reynolds, Class of 2022

Congratulations on this outstanding achievement!

About Bryant Univ. Bryant regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's.

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In Business

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Cook's can help! Planning on cleaning those gut-

ters? Let our experienced staff handle that task for you! We're much more than a painting company! We are now booking EXTERIOR work, but we can still do INTERIOR WORK and clean those nasty gutters. Get down off the ladder and call the pros!

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10 students named to Dean's List at Emmanuel

BOSTON — In recognition of their outstanding academic achievement, Emmanuel College has named more than 800 students to the Dean's List for the Fall 2021 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester. Local students receiving the honor include:

WILMINGTON

- Julia Burke
- Joshua Rainone • Jill Roche
- Stephen Daley • Skylar Smith

TEWKSBURY

- Jaime Burns
- Giovanni Ciampa • Brett Nkabasele
- Bailey Carew
- Kerry Shea

Emmanuel College is a co-educational, residential institution with a 17-acre

campus in the heart of Boston's educational, scientific, cultural and medical communities.

Enrolling nearly 2,000 undergraduate and graduate students, the College provides boundless opportunities for students to extheir worldview through rigorous coursework, significant internship and career opportunities throughout the Boston area and beyond, collaborations with distinguished and dedicated faculty, and participation in a dynamic campus community.

Emmanuel's more than 70 programs in the sciences, liberal arts, business, nursing, and education foster spirited discourse and substantive learning experiences that honor the College's Catholic educational mission to educate the whole person and provide an ethical and relevant 21st-century education.

LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website. To search the archive of previously published legal notices go to:

www.homenewshere.com or masspublicnotices.org/Search.aspx

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT **PROBATE AND FAMILY COURT**

Middlesex Probate and Family Court 10-U Commerce Way Woburn, MA 01801 (781) 865-4000

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI22P1316EA Estate of: Diana M Telis

Date of Death: 02/02/2017

To all interested persons:

A Petition for Late and Limited Formal Testacy and/or Appointment has been filed by: Carmine M Citro of Saugus MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the

Petitioner or at the Court. You

LEGAL NOTICE

COMMONWEALTH OF

MASSACHUSETTS

THE TRIAL COURT

PROBATE AND

FAMILY COURT

Middlesex Probate

and Family Court

10-U Commerce Way

Woburn, MA 01801

(781) 865-4000

CITATION ON PETITION FOR

FORMAL ADJUDICATION

Docket No. MI22P1148EA

Estate of:

Frank Louis St. Aubin

Also known as:

Frank St. Aubin,

Frank L. St. Aubin

Date of Death: 10/12/2021

have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 04/15/2022.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED **ADMINISTRATION UNDER** THE MASSACHUSETTS **UNIFORM PROBATE** CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the state, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Date: March 18, 2022

Tara E. DeCristofaro, Register of Probate 220364 3/23/22

A Petition for Formal Probate

of Will with Appointment of

Personal Representative has

been filed by Mark E St. Aubin

of Wilmington MA and Steven F

Mark E St. Aubin of Wilmington

MA and Steven F St. Aubin of

Taunton MA be appointed as

Personal Representative(s) of

said estate to serve Without

Surety on the bond in unsuper-

IMPORTANT NOTICE

You have the right to obtain a

copy of the Petition from the

Petitioner or at the Court. You

have a right to object to this

proceeding. To do so, you or

your attorney must file a written

appearance and objection at this

Court before: 10:00 a.m. on the

This is NOT a hearing date, but a

deadline by which you must file a

written appearance and objection

vised administration

To all interested persons:

the Petition.

LEGAL NOTICE

TOWN OF WILMINGTON **INVITATION FOR BIDS**

Sealed bids for furnishing and installing the following item: Dick Scanlon Baseball Field Infield Renovations at Wilmington High School will be received at the Office of the Town Manager, Wilmington Town Hall, 121 Glen Road, Wilmington, MA 01887 until the time specified below

Bid Specifications may be obtained at the Town's website https://www.wilmingtonma.gov/ purchasing-department

at which time the bids will be

publicly opened and read.

Bids will be opened in the Office of the Town Manager on:

Wednesday, April 20, 2022 at 9:00 a.m.

If the contract awarded is more than \$25,000, the winning bidder shall supply a payment bond and performance bond in the amount of 50% of the total bid within 10 days of the bid award. Payment and Performance bonds must be issued by a surety that is qualified to do business under the laws of the Commonwealth of Massachusetts and satisfactory to the Town of Wilmington.

All bids for this project are subject to applicable public bidding laws of Massachusetts, including, but not limited to G.L. c.30, §39M.

Attention is directed to the minimum wage rates to be paid as determined by the Commissioner of Labor and Workforce Development and the weekly payroll record submittal requirements under the provisions of Massachusetts General Laws, Chapter 149, Section 26 through 27D inclusive

Selection of the contractor will be based upon bidder qualifications, including evidence of past performance in similar projects, and bid price. The contract will be awarded to the bidder deemed by the awarding authority to be the lowest responsible and eligible bidder

The bidder agrees that its bid shall be good and may not be withdrawn for a period of 30 days, Saturdays, Sundays and legal holidays excluded, after the opening of the bids.

The Town reserves the right to waive any informalities, to accept or reject, in whole or in part any or all bids, or take whatever other action may be deemed to be in the best interest of the Town.

The Town of Wilmington By: Jeffrey M. Hull, Town Manager

St. Aubin of Taunton MA requesting that the Court enter a UNSUPERVISED formal Decree and Order and for such other relief as requested in The Petitioner requests that:

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court.

220347

if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

ADMINISTRATION UNDER THE MASSACHUSETTS **UNIFORM PROBATE** CODE (MUPC)

Date: March 17, 2022 Tara E. DeCristofaro,

Register of Probate 3/23/22

Date of Death: 02/02/2022

Selection of the contractor will be based upon bidder qualifications, including evidence of past performance in similar projects, and bid price. The contract will be awarded to the bidder deemed by the awarding authority to be the lowest responsible and eligi-

The bidder agrees that its bid shall be good and may not be withdrawn for a period of 30 days, Saturdays, Sundays, and legal holidays excluded, after the opening of the bids.

The Town reserves the right to waive any informalities, to accept or reject, in whole or in part any or all bids, or take whatever other

> The Town of Wilmington By: Jeffrey M. Hull, Town Manager



TOWN OF WILMINGTON **BOARD OF APPEALS**

A public hearing will be held at the Town Hall, 121 Glen Road on Wednesday, April 13, 2022 at 7:00 p.m. on the following

Case 2-22 **Dennis Ingram by Scott Nolan** Map 94. Parcel 94 129 Aldrich Road

To acquire a Special Permit §6.6.7.7 for the Ground Water **Protection District**

Case 3-22 Wilmington 4th of July Celebration, Inc. Map 52/66, Parcel 38/1

To acquire a Special Permit for a Carnival to be held on 6/30/22 through 7/4/22 Case 4-22

Case 4-22 Stephen Paolini, Trustee c/o Robert G. Peterson, Esq. Map 69, Parcel 24A

To acquire a Variance pursuant to Sections 5.2.1,5.2.2 and 5.2.3 to allow an existing dwelling to remain as situated on a lot containing insufficient area, frontage and width 220315 3/23,30/22

LEGAL NOTICE



MASSACHUSETTS THE TRIAL COURT PROBATE AND **FAMILY COURT**

MIDDLESEX DIVISION

INFORMAL PROBATE **PUBLICATION NOTICE**

Docket No. MI22P1094EA

Estate of: Carolyn A. Simpson Date of Death: 11/12/2021 To all persons interested in the

above captioned estate, by Petition of Petitioner Mark C. Simpson of Tewksbury MA

Mark C. Simpson of Tewksbury MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. 220332 3/23/22



TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on April 5, 2022 at 8:20 p.m. in the Auditorium of the Town Hall, 121 Glen Road, Wilmington, MA for Site Plan Review #22-04, plan entitled, "Verizon, Wilmington 8 MA, 220 Middlesex Ave., Wilmington, MA 01887"; dated October 18, 2021, prepared by; Daniel P. Hamm, P.E., Hudson Design Group LLC, 45 Beechwood Drive, North Andover, MA 01845; submitted on March 10, 2022. Said property is located at 220 Middlesex Avenue, Wilmington, MA 01887 and shown on Assessor's Map 65 Parcel 2. This project is for the replacement of three (3) antennas, two (2) hybrid cables, and two (2) surge suppressors, and adding three (3) remote radio heads.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Michael Sorrentino, Chair Wilmington Planning Board 220319 3/16,23/22



TOWN OF WILMINGTON **PLANNING BOARD**

The Planning Board will hold a Public Hearing on April 5, 2022 at 8:30 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #22-05 and Stormwater Management Permit #22-03, plan entitled, "Site Plans, Textron Building Remodel and Proposed Warehouse, 201 Lowell Street, Wilmington, Massachusetts"; dated May 6, 2021, last revised March 10, 2022, prepared by David Fenstermacher, P.E., VHB, 2 Bedford Farms Drive, Suite 200, Bedford, NH 03110. The application is for an amendment to the previously approved Site Plan (#21-10), to modify the building footprint and height. Said property is located at 201 Lowell Street, Wilmington, MA 01887 and shown on Assessor's Map 48 Parcels 73A.

the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated. Michael Sorrentino, Chair

Wilmington Planning Board 220320 3/16,23/22

LEGAL NOTICE

TOWN OF WILMINGTON **PLANNING BOARD**

The Planning Board will hold a Public Hearing on April 5, 2022 at 8:10 p.m. in the Auditorium of the Town Hall, 121 Glen Road, Wilmington, MA for Site Plan Review #22-03, plan entitled, 4BN1336E-ECO-CTS-RL-WILMINGTON, 4BN1336E, WALTHAM STREET, WILM-INGTON, MA 01887"; dated September 20, 2021, revised November 9, 2021, prepared by; Derek J. Creaser, P. E., Centerline Communications, 750 W Center Street, Suite 301, West Bridgewater, MA 02379; submitted on March 10, 2022. Said property is located at 4 & 6 Waltham Street, Wilmington, MA 01887 and shown on Assessor's Map 79 Parcels 31C & 31D. This project includes replacing eight (8) panel antennas with twelve (12) new like-kind antennas, replacing four (4) existing RRUs with eight (8) new like-kind RRUs on the tower, installing new equipment in the existing cabinets at the base of the tower, and removing all unused cables and equipment.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Michael Sorrentino, Chair Wilmington Planning Board 3/16,23/22



BOARD OF HEALTH

NOTICE OF DECISION

In the matter of 887 Woburn LLC, the Town of Wilmington Board of Health, having conducted a Site Assignment Hearing pursuant to the provisions of Massachusetts General Laws Chapter 111, § 150A and 310 CMR 16.20 to consider a site assignment application by applicant 887 Woburn LLC for siting of a Construction & Demolition ("C&D") Materials processing facility to be located at 887 Woburn Street, Wilmington MA, the Board of Health has determined that the siting of the Facility would not constitute a danger to the public health, safety or environment. Therefore, the Board of Health granted the requested new facility site assignment, allowing for the acceptance of construction and demolition materials at the Site and Facility, with a capacity limited to 500 tons per day for a total annual capacity of 182,500 tons. Any person aggrieved by the decision of the Board of Health may, within 30 days of publication of this Notice of Decision appeal under the provisions of M.G.L. c. 30A, § 14. 220365 3/23/22



COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND **FAMILY COURT**

Middlesex Probate and Family Court 10-U Commerce Way Woburn, MA 01801 (781) 865-4000

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI22P1077EA

Estate of: John Edward Vella Also known as: John E. Vella

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by: Danielle C. Smith of Wakefield MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:

Danielle C. Smith of Wakefield MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration

IMPORTANT NOTICE You have the right to obtain a

copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 05/09/2022.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED **ADMINISTRATION UNDER** THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court. Date: March 14, 2022

Tara E. DeCristofaro, Register of Probate 220345 3/23/22

LEGAL NOTICE



MASSACHUSETTS THE TRIAL COURT **PROBATE AND FAMILY COURT**

and Family Court 10-U Commerce Way Woburn, MA 01801 (781) 865-4000

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI22P0938EA

To all interested persons: A Petition for Formal AdjudiAppointment of Personal Representative has been filed by Robert J. Balog of Wrentham MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written

appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED **ADMINISTRATION UNDER** THE MASSACHUSETTS **UNIFORM PROBATE**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of

administration. WITNESS, Hon. Maureen H. Monks, First Justice of this Court. Date: March 04, 2022

Tara E. DeCristofaro, Register of Probate 3/23/22

220338

SCTON

LEGAL NOTICE

TOWN OF WILMINGTON **INVITATION FOR BIDS**

ROOF REPLACEMENT SHAWSHEEN **ELEMENTARY SCHOOL** WILMINGTON

Sealed bids for furnishing the following item will be received at the Office of the Town Manager, 121 Glen Road, Wilmington, MA 01887, until the time specified below at which time the bids will be publicly opened and read Roof Replacement Project, Shawsheen Elementary School April 7, 2022 @ 10:00 AM

Each Bid must be accompanied by a bid security consisting of a BID BOND or CERTIFIED CHECK issued by a responsible bank or trust company in the amount of 5% of the bid price.

Specifications and bid forms may be obtained electronically by visiting the Town of Wilmington website (http://www.wilmington-

return day of 04/11/2022.

ma.gov/purchasing-department). Pre-Bid Conference and Site Visit will be held at the Shawsheen Elementary School, 298 Shawsheen Ave., Wilmington, MA on Wednesday, March 30, 2022, at 9:00 AM.

A performance bond in an amount equal to 100 percent of the total amount of the contract price with a surety company qualified to do business in the Commonwealth of Massachusetts will be required for the faithful performance of the contract, as well as a labor and materials bond in an amount equal to 100 percent of the total contract price.

All bids for this project are subject to applicable public bidding laws of Massachusetts. including G.L. c.149, § §44A through 44H, as amended.

Attention is directed to the minimum wage rates to be paid as determined by the Commissioner of Labor and Workforce Development and the weekly payroll record submittal requirements under the provisions of Massachusetts General Laws. Chapter 149, Section 26 through 27D inclusive.

Attention is further directed to the requirements of G.L. c.149, §44D requiring submission of a Division of Capital Asset Management Approved Certificate of Eligibility and Update Statement with all bids. The DCAMM Prime Contractor Certification shall be ROOFING.

ble bidder.

action may be deemed to be in the best interest of the Town.

220361

3/23/22

COMMONWEALTH OF

Middlesex Probate

Estate of: John Balog Date of Death: 09/24/2021

cation of Intestacy and

The Petitioner requests that: Robert J. Balog of Wrentham

return day of 04/01/2022.

CODE (MUPC)

TEWKSBURY



Recipe Page A-10 CHICKEN SALTIMBOCCA



Real Estate Page A-10 **Transfers**

MIDDLESEX EAST appearing in Daily Times – Chronicle (Reading, Woburn, Winchester, Burlington, Wakefield)
Lynnfield Villager, No. Reading Transcript, Wilmington & Tewksbury Town Crier, Stoneham Independent



PAGE A-8 WEDNESDAY/THURSDAY, MARCH 23, 24, 2022

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Woburn artist rekindles passion for painting with 'whimsical animations'

By PATRICK BLAIS

Woburn resident Eugene Styller hadn't touched a brush for some 65 years when in 2019, his grandchildren asked for his help while working on a landscape painting.

Casually stepping in to give a few pointers, something dormant stirred deep within the then 84-year-old retiree, who as a young boy had shown some promise as a landscape and portrait artist while growing up in Soviet Russia's capitol city of Moscow.

Not long after, Styller, who at that point couldn't seem to put the paint brush back down, began experimenting with an art form he has now dubbed "whimsical animation".

Explaining "whimsical animation" more simply, when cutting or preparing simple food items, the grandfather experiences the sensation that he can see human expressions. Peppers are crying. Potatoes show off timid smiles. Even a sliced loaf of bread or a freshly poured cup of coffee can emote joy or sadness.

The long-repressed artist in Styller begs the former scientist to capture those scenes. And for three years now, the soon to be 88-yearold has been more than happy to oblige.

"What I'm painting right now is unusual, but it's not abstract. I began to see human faces and emotions in peppers and potatoes and bananas. They cry, laugh, and show fear. They envy and get sad. They become human hands," explained Styller, whose latest work is currently being exhibited at the Lexington Public Library for the month of March and April.

According to the artist, whose paintings will also be featured at Wilmington's Public Library during the months of May and June, his creativity and talent has also been recognized by a selection committee in Lincoln, where his art will be hung for the second time in the town's public library for the month of July.

"Looking at your exhibition was a bright spot in my day," one Lexington visitor commented earlier this month in a written review of Styller's newest exhibition.

"I love these paintings. They are so full of joy and so silly in the best way.

Thank you so much for sharing them - you've brightened my day," another recent critique reads. "It reminded me of all the things I love about art, nature and food...We stopped to look at these pictures for 30 minutes. They are so

According to Styller, though his ability to capture emotions in food might seem likely a strange talent to acquire so late in life, it does make sense in light of his decades-long interest in the obesity epidemic.

Specifically, back in the 1980s - or about a decade before he emigrated to America - Styller began noticing that growing numbers of people were carry-

ing a lot of extra weight. Later, after making a home in Woburn, his interest in the phenomenon ultimately led to his enrollment in a diet and nutrition course at Bunker Hill Community College.

"It was not yet a pandemic and a global problem, like it is now, but already in the 1980s one could see it on the streets [of Russia] and in working places. I don't know why I became interested in it," he





FOOD FOR THOUGHT - Paintings by Eugene Styller are currently on display at the Cary Memorial Library in Lexington. Above, "Two Potato Gentlemen". Bottom painting, "Advocado in Apple Peeling'

(Paintings by Eugene Styller)

explained. "I just watched people in factory canteens and wrote down my observations."

"Here, in America, I studied food and nutrition in a community college. And I read a lot about this subject in textbooks, in books, in magazines...and online," he

Eventually, the chemist, who has a PhD in polymers and spent much of his career as an inventor at a research institute, sat down to write a book on eating smart during the obesity health crisis. He theorized that most people can hijack and regain control of their eating habits by focusing on flavoring and other sensory qualities of food.

Styller to A-9

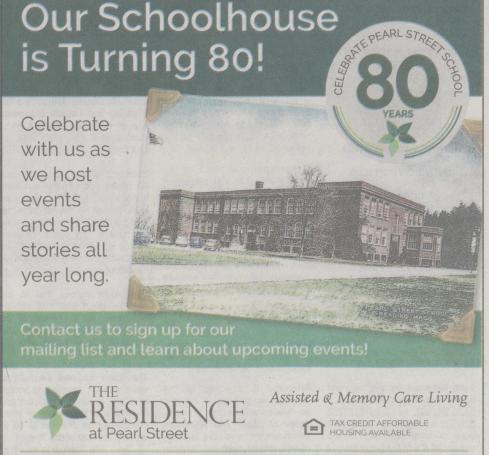


EST. 1949 Hrs: Mon.-Fri. 11-5 4 Central St., Stoneham (across From Fire Station) 781-438-1250



FOOD WITH FEELING - Above, Woburn artist Eugene Styller's painting "Gloating" from the triptych Emotion Categories.

(Painting by Eugene Styller)



75 Pearl Street, Reading | 781-417-3099 | residencepearl.com

Movie Reviews & Box Office News

America's racist past haunts horror film 'Master'

By JOCELYN NOVECK **AP National Writer**

You want ghosts? Check. How about doors inexplicably opening and closing, creepy moaning in dark corners, and sudden sickening swarms of maggots? Check, check and check.

But "Master," a new horror film by Mariama Diallo with themes of race and social justice at its core, is most frightening when dealing not with the supernatural, but with the real — the depressingly real, as in the indignities that three Black women face while trying to fit into an overwhelmingly white academic institution.

Diallo, who proves a talent to watch with this compelling if overpacked debut film, has said that "Master," featuring a trio of terrific performances from Regina Hall, Zoe Renee and Amber Gray, stems partly from her own experiences as a Black student at Yale. The title, for example: It refers to the heads of residential colleges at Yale, called "masters" until the school finally dropped the term in 2016. Diallo realized only a few years after graduating how strange it was that she called a white man "master."

But in her film, it is a Black woman, faculty member Gail Bishop, who has achieved the honor — the first Black "master" at Ancaster College, an elite school in Salem, Massachusetts, home of course to the historic witch trials. (The imposing 19th-century camNew York, with its Gothicstyle library, serves nicely here.) Portraits of masters past line the walls, but now Gail - impeccably played by Hall in a poignant, sometimes heartbreaking performance — is having her own portrait painted. Even at Ancaster, a school so elite that it rejected FDR when he applied, change is in the

Or is it? Gail is one of only a handful of Black professors — and there are only eight Black students, for that matter. One is Jasmine, an incoming freshman (Renee, appealing and thoughtful) who seems confident and enthusiastic and ready to take on life at An-

Except.

On the very first day, Jasmine finds out from a (white) student welcoming committee that she's been assigned to "the room." It's the room believed to be haunted. Back in the '60s, the first Black female student at Ancaster came to a tragic end in that room. Also, there's a sinister connection to the Salem witch trials, and legend holds that a woman executed for witchcraft still haunts the place.

But ghosts exist only on one level of "Master," despite its categorization as a horror film. The other level is the daily microaggressions of being a Black stuin lily-white environment.

Jasmine is not welcomed by fellow students. Her white roommate, Amelia, pus of Vassar College in wears a "Hamptons" sweat-

shirt and fills the room with her own friends, who seem to regard Jasmine as a curiosity at best (they call her Beyoncé). These entitled kids talk about the "sick after-prom" they had in tony beach houses or joke about fellow New York City private school kids. Worse, the white girls treat Jasmine with disdain. One of them tosses her a rag to clean up a spill they made. When she buys everyone a pizza and asks to be paid their share of the \$20, they ignore her.

At a campus party, the white kids get in while Jasmine is stopped by the collegiate bouncer and told the event is "at capacity." Once she makes it inside, she starts to dance with the others, enjoying it until she rethey're happily alizes singing a hip-hop song filled

with racial epithets. Meanwhile, Gail is fighting her own battle, removing dust and grime from the musty old house she's so proud to occupy, discovering doors opening and closing by themselves and sickening swarms of maggots popping up in the worst places. On campus she is subjected to subtle disdain from fellow faculty members. One describes her as like Barack Obama.

It comes to head at a tenure meeting, where Gail is called upon to judge the tenure of Liv Beckman (a note-perfect Amber Gray), a friend and fellow Black teacher with a complicated family history and a contentious way of teaching. One white faculty member opines that Liv, because of



FRIGHTENINGLY REAL - Regina Hall, left, and Amber Gray in a scene from Amazon Studios' "Master." Sometimes the scariest ghosts are not the ones that go bump in the night. They're the ones that haunt a nation's history. (Amazon Studios via AP)

her race, is the perfect tenure applicant "for right now." Another argues Liv hasn't proven her publishing prowess. "Gail, can you be impartial?" this teacher

asks. Complicating matters is that one of Liv's students has filed an appeal of a failing grade on a paper about "The Scarlet Letter"; Liv insists a critical race analysis be applied. The student says the book isn't about race. And yes — the student is Jasmine.

The horror gets more, well, horrible — a shocking sight appears one day where Jasmine lives, with the message she should leave. Yet Jasmine stays even opting to remain on an isolated campus during Thanksgiving break. And things get even worse.

It is two-thirds of the way into the movie that Jasmine meets another Black student and is told about a Black affinity group. How it could have taken three months for this to happen is one of the odder wrinkles of a plot that seems to get overcrowded late in the film.

"Master" ultimately suffers the fate of many promising films with many good ideas and not enough time to develop them - some paring down would have improved the latter part of the film. As Gail says to a new character who emerges late

in the movie: "This is a lot." But the most poignant line comes deep into the film when a character tries to sum up what is happening. It's not ghosts, this person says. It's America.

In Diallo's compelling tale, turns out the scariest ghosts are not the ones that go bump in the night. They're the ones that haunt a nation's history.

"Master," an Amazon Studios release, has been rated R by the Motion Picture Association of America "or language and some drug use." Running time: 98 minutes. Two and a half stars out of four.

MPAA definition of R: Restricted. Under 17 not admitted without parent or adult guardian.





Reading Municipal Light Department
RELIABLE POWER

LEGAL NOTICE

IFP 2022-11

Pursuant to M.G.L. c. 164, § 56D, the Reading Municipal Light Department (or "RMLD") seeks proposals for the purchase of the following

RMLD SUBSTATION 4 TRANSFORMER TESTING AND REPAIRS

A Pre-Proposal Meeting and Site Visit will be held at 10:00 a.m., on Wednesday, March 30, 2022, at the RMLD, 230 Ash Street, Reading, MA 01867. Attendance is mandatory. Proposals will only be accepted from Contractors who attend the mandatory pre-proposal meeting

Sealed proposals shall be submitted to the Reading Municipal Light Department, 230 Ash Street, Reading, MA 01867, ATTN: Purchasing Department, no later than 11:00 a.m. on Wednesday, April 13, 2022. Proposals will then be opened and unless obviously non-responsive, read aloud publicly in the RMLD Spurr/AV Room. Proposals received after the time of announced opening will not be accepted.

Proposal documents may be obtained via email request to Maureen Sullivan at msullivan@rmld.com. For questions or further information, please contact Maureen Sullivan at 781-942-6441.

Each proposal must be accompanied by a certified or cashier's check payable to the RMLD for a sum not less than 5% of the total amount of the proposal. In lieu of a check, a bid/proposal bond may be submitted in an amount not less than 5% of the total amount of the bid, unless otherwise stated. The bid/proposal bond must be from a corporate surety licensed to do business in the Commonwealth of Massachusetts, conditioned that the proposer will pay the RMLD, as liquidated damages, the amount specified in the bond unless the proposer enters into a contract in accordance with the proposal. If the proposer fails to enter into the contract or furnish any required bonds, insurance documents, or other required documents within ten (10) days from the date on which the proposer is notified that the proposal has been accepted, the amount of the check or bid/ proposal bond shall be forfeited to the RMLD.

RMLD reserves the right to reject any or all proposals, waive deviations and informalities, modify specifications, negotiate price and contract terms, purchase items from multiple vendors, accept any proposal, and otherwise award the contract as RMLD deems to be in its best interest, as determined by RMLD in its sole discretion. RMLD also reserves the right to purchase the equipment from a statewide contract or other procurement options authorized by G.L. c. 30B.

Proposals shall remain valid and binding for sixty (60) days, Saturdays, Sundays, and legal holidays excluded, following the submission deadline. No agreement shall be valid or binding unless duly executed by RMLD or RMLD issues a purchase order signed by an authorized representative of the RMLD.

RMLD will make reasonable efforts to review and process proposals promptly. However, RMLD shall not be liable for any delays in acting on a proposal.

LEGAL NOTICES ARCHIVE Massachusetts Public Notices website. To search the archive of previously published legal notices go to:

All published legal notices are posted to the www.homenewshere.com or http://masspublicnotices.org/Search.aspx



THE POWER OF ART - Styller's painting "Banana Fist and Red Apple" is another whimsical (Painting by Eugene Styller) interpretation of fruit with feelings.

While trying to figure out how best to relate his theory about changing one's experiences with eating, the lifelong learner picked up a copy of "How Emotions are Made", a critically-acclaimed book by Northeastern University psychology professor Lisa Feldman Barrett.

"All the diet books look at the eater as a consumer of their prescribed food. They don't even mention the sensory qualities of food," said Styller. "This is why Lisa Feldman Barrett's book im-

mediately attracted my attention. There is a lot in common about how emotions are made or created from our life experience and how flavor is created from sensory components of our food.'

And so it was at the precise time that the retired chemist was rediscovering his passion for art, he had already been in deep contemplation about the connections between groceries and emotions. No wonder his peppers started smiling and his bananas began aggressively clutching at ap-

According to Styller, his art, though sometimes de-

scribed as playful and bright, has also taken on a darker undertone as he and his family dealt with the start of the COVID-19 crisis.

Not only did the pandemic result in the premature closure of his first-ever exhibit at the Burlington Public Library, it also left him without a way to share his art with others for an entire year.

"In the time of COVID-19, I painted pictures showing 'Screams' and 'Fists'. They were labeled as 'darkly whimsical'," he explained, referring to a series of paintings that were put on display in Burlington in the fall of 2021.

"This current [exhibit] in Lexington is my fourth exhibition," he later elaborated. "For it, I painted a triptych of emotional categories, including happiness, fear and anger, and gloat or schadenfreude. It is the main part of the exhibition of my 24 paintings."

The Woburn artist's current exhibit in Lexington can be viewed at the Cary Memorial Library at 1874 Mass. Avenue through April 30. His artwork will then be featured at Wilmington Memorial Library off of Middlesex Avenue during the months of May and June.

Estate Transfers •

BURLINGTON

59 Center St #302 was sold to Cabral, Roberta A and Cabral, Paul A by Clark, Olive J and Mentas, Diane K for \$227,500 on 03/01/22

16 Phillip Ave was sold to Bansal, Anurag and Garg, Himani by Gillis FT and Gillis-Keating, M M for \$650,000 on 03/02/22

4 Pinevale Ave was sold to Matturro, Matthew and Turrell-Matturro, Karolin by Gilpin, Paul A and Gilpin, Cynthia H for \$885,000 on 03/04/22

35 Ray Ave was sold to Burlington Self Storage by Burlington Self Storage for \$22,000,000 on 03/04/22

Redmond St was sold to Somerset RT and Murray, Robert W by Sheilmac RT and Boari, Susan M for \$50,000 on 03/01/22

LYNNFIELD

58 Chestnut St was sold to KQ&Sons LLC by Desalvo FT and Desalvo, Charles J for \$599,000 on 03/03/22

4 Drury Ln was sold to Padovani, Alexa R and Padovani, Mario M by Burns Anne M Est and Burns. Thomas A for \$740,000 on 03/03/22

2 Powder Hill Rd was sold to Hiller, Benjamin and Hiller, Laura by Bockoff, Eileen M for \$1,250,000 on 03/01/22

63 Prospect Ave was sold to Higgins, Cameron P by Rourke, Carolyn M for \$560,000 on 03/02/22

390 Salem St was sold to Korman, Daniel D by A Giugliano Salem St RT and Giugliano, Antoinette for \$1,725,000 on 03/01/22

12 Tophet Rd was sold to 12 Tophet Road LLC by Mitchell, Daniel R and Mitchell, Susan Q for \$980,000 on 03/02/22

NORTH READING

1 Nutter Rd was sold to Egbert, Allan and Smith Sons Plumbing & Hea for \$1,630,000 on 03/04/22

READING

155 Hopkins St was sold to Lin, Hao by Lee, Samuel Y and Lee, Alice Y for \$755,000 on 03/01/22

151 Main St was sold to Fernando, Paul and Nigam, Mitushi by 151 Main Street RT and Durrani, Zahid K for \$550,000 on 03/03/22

269 Main St #1001 was sold to Fleming, Pamela E by 269 Main Street LLC for \$630,820 on 03/04/22

269 Main St #1002 was sold

to Guo, Hengye and Zhang, Chiyu by 269 Main Street LLC for \$679,000 on 03/04/22

20 Sanborn Ln was sold to Difranza, Zachary and Kirk, Erika by Sarah RT and Imbriano, Nancy E for \$880,000 on 03/04/22

16 Taylor Dr #3008 was sold to Lavigne, Karla by 16 Taylor Drive RT and Moore, Edward T for \$729,000 on 03/02/22

11 Trevor Ct #11 was sold to Aggarwal, Sheri L and Aggarwal, Rajesh by Johnson Woods Realty Cor for \$1,150,000 on 03/04/22

STONEHAM

35 Fairview Rd was sold to Capuano, Joseph M and Capuano, Allison by Capuano, Dianne M and Capuano Sr, Francis A for \$550,000 02/28/22

133 Franklin St #101 was sold to Chalhoub, Aida by Wang, Yuting for \$375,000 on 03/01/22

2 Keiths Ln #A was sold to Shane Manfred, and Kapouranidis, Chrysanthi Admanfred for \$650,000 on 03/01/22

98 Macarthur Rd was sold to Caldwell, Emily A by Tashjian, Gregory V and Tashjian, Joanne E for \$950,000 on 03/01/22

44 Montvale Ave was sold to Nine John Street LLC by Apex New Eng Const Inc for \$495,000 on 03/01/22

27 Myopia Rd was sold to Shearer-Beck, Benjamin and Dillon-Beck, Kaitlyn by Ganocik Marion C Est and Devicent, Carol for \$603,500 on 03/04/22

8 Spalding Rd was sold to 8 Spalding Road RT and Lanzaro, Michael J by 8 Spalding Road RT and Tarbell, Kenneth D \$1,265,000 on 03/01/22

TEWKSBURY

13 Babicz Rd was sold to Kuipers, Jonathan W by J W RT and Mooney, Helen D for \$660,000 on 03/04/22

9 Deering Dr was sold to Botzko, Peter S and Botzko, Jaclyn R by Conti, Brian and Conti, Colleen for \$660,000 on 03/01/22

1315 Emerald Ct #1315 was sold to Desmarais, Elisabeth by Emerald Court Way T and Ferreguto Jr, James A for \$468,000 on 03/02/22

40 Emily Rd was sold to Bonaiuto, Bryant and Scott, Bethany by Healey, Geraldine R for \$499,999 on

1565 Main St #1C was sold to Chen 33 Realty Inc by Tewksbury 1565 Main St for \$155,800 on 03/03/22

1565 Main St #1F was sold to Chen 33 Realty Inc by Tewksbury 1565 Main St for \$155,800 on 03/03/22

80 Navillus Rd was sold to Kelly, Aya and Kelly, Derek Mccarthy, Ryan for \$716,000 on 03/04/22

896 Old Shawsheen St was sold to Baker, Brian M and Chaney, James W by Cristiano LT and Cristiano, Danielle M for \$645,000 on 03/02/22

160 Terramor Dr was sold to Amadu-Wandera, Michael and Mbaire-Wandera, Sheena by AMG Development LLC for \$831,900 on 03/01/22

1244 Whipple Rd was sold to Zuponcic, Jessica L and Yates, Robert E by Hanafin, David J for \$902,500 on 03/04/22

52 Wilson Rd was sold to Paulino, Malinda by TNS Hldg LLC for \$481,000 on 03/04/22

WAKEFIELD

19 Armory St #1 was sold to Leber, Erica M by Austin Properties LLC for \$510,000 on 03/04/22

19 Armory St #2 was sold to Fernandez, Katiuska by Austin Properties LLC for \$555,000 on 03/03/22

5 Forest St was sold to Purtell, Carson T by Sabbagh, John I and Griffin, Ashley E for \$459,000 on 03/01/22

WILMINGTON

25 Belmont Ave was sold to Stapleton, Brendan and Stapleton, Lauren by Mills Carol Est and Mills, David for \$675,000 on 03/04/22

4 Fall St was sold to Mellstrom, Erika R and Clark 3rd, Clifton E by Sugrue, David A and Sugrue, Corinne M for \$825,000 on 03/03/22

100 Morse Ave was sold to Mullane Construction LLC by Investment Capital Corp for \$236,000 on 03/01/22

12 Olmstead Ave was sold Perrino, John by Fuller, Brian R and Fuller, Kathryn L for \$410,000 on 03/03/22

WINCHESTER

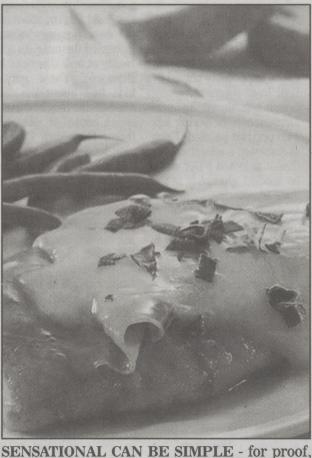
2 Grayson Rd #2 was sold to Chen, Yunqiu by 2 Grayson Road RT and Zue, Victor for \$1,100,000 on 03/04/22

64 Highland Ave #14 was sold to Derrickson, Scott M and Derrickson, Christine E by Zhang, Zhixian and Peng, Mengzhu for \$775,000 on 03/01/22

1034 Main St was sold to

HomeNewsHere

CHICKEN SALTIMBOCCA



try these prosciutto and mozzarella covered chicken cutlets.

STEPS

1. Heat Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until 1/4 inch thick. In shallow dish, mix flour, Parmesan cheese, Italian seasoning and salt. Coat chicken with flour mixture; shake off excess flour.

2. In 12-inch nonstick skillet, heat oil over medium-high heat. Add chicken; cook about 8 minutes, turning once, until browned on outside and no longer pink in center. Top each chicken breast with 1 slice prosciutto and 1 slice mozzarella cheese. Cover skillet tightly; cook 1 to 2

minutes or until cheese is melted. Sprinkle sage over chicken. Remove chicken from skillet to serving platter; cover loosely with tent of foil, being careful not to let foil touch cheese.

3. Increase heat to high. Add broth to skillet. Heat to boiling, scraping up any browned bits from bottom of skillet. Boil about 3 minutes or until broth is reduced to about 1/4 cup. Remove from heat; beat in butter. Spoon over chicken.

Ingredients

 4 boneless skinless chicken breasts (about

6 oz each)

• 1/3 cup all-purpose

2 tablespoons grated

Parmesan cheese

• 1 teaspoon Italian

seasoning

• 1/2 teaspoon salt

• 2 tablespoons olive or

vegetable oil

• 4 slices prosciutto

(about 3 oz)

• 4 slices (1 oz each) mozzarella cheese

• 1 teaspoon chopped

fresh sage leaves

• 3/4 cup Progresso™

chicken broth (from 32-

oz carton) • 1 tablespoon butter or

margarine

TIPS FROM THE EXPERTS

· Prosciutto is an Italian ham that has been seasoned, salt-cured (but not smoked) and air-dried. Thinly sliced ham can be substituted for the prosciutto.

· Literally translated, saltimbocca means "jump mouth" in Italian.

1034 Main LLC by JCM T Properties LLC for \$1,859,000 on 03/01/22

34 N Border Rd was sold to Yoskowitz FT and Yoskowitz, David A by Pacino, Henry R and Pacino, Theresa M for \$1,521,000 on 03/04/22

10 Olde Village Dr was sold to Rice, Lauren and Canova, Antonio by Shahani, Bhagwan T for \$1,383,000 on 03/01/22

3 Priscilla Ln was sold to Priscilla Ln LLC by Mortenson FT and Mortenson, Paul D for \$1,100,000 on 03/04/22 63 Shore Rd #11 was sold to

Peggy S Fong RET 2 and Fong, Peggy S by Yang, Dennis for \$268,000 on 03/02/22

WOBURN

4 Albert Dr #2 was sold to Yuan, Jianhua C and Yuan, Guofu G by Noack, Christian and Noack, Sandra for \$328,000 on 03/04/22

16 Bacon St was sold to Gupta, Sandeep and Gupta, Rishika by Scribner Jr, Paul E and Scribner, Jennifer E for \$1,225,000 on 03/03/22

8 Cleveland Ave was sold to Back Bay Design Corp by USA HUD for \$360,000 on 03/02/22

33 Garfield Ave was sold to Li, Mingli and Yuan, Yiyang by Quigley, Andrew and Quigley, Amanda \$982,000 on 03/03/22

6 Harvard St was sold to White, Cowan D by Browne 3rd, Whitman S and Browne, Jeffrey W for \$743,000 on 03/02/22

8 Watson Ln was sold to Abu, Abdihamid A and Said, Leila A by Wang, Benjamin and Wang, Neveen for \$1,335,000 on 03/01/22

415 Wildwood Ave was sold to 65R Wildwood Owner LLC by Essendant Co for \$88,500,000 on 03/03/22

Mass. Division of Marine Fisheries makes Woburn's Horn Pond accessible to migrating fish

2021 Mystic River herring numbers announced

WOBURN - The numbers are in! According to the official estimate from the Division of Marine Fisheries (Mass DMF), more than 550,000 river herring passed through the fish ladder at Mystic Lakes Dam in Medford in 2021.

This count represents the latest chapter in an ecological restoration story in the heart of greater Boston. This data also represents the commitment of hundreds of community science volunteers River herring — Alewife and Blueback

herring — are migratory species that spend most of their lives in the open ocean, but return to freshwater every year to spawn in the river system they were born in. They are threatened by over-harvesting in the ocean and — crucially — by the loss of inland habitat for breeding caused by dams blocking access to inland lakes and streams.

After a fish ladder at the Mystic Lakes Dam in Medford was built in 2012 — allowing fish in the Mystic River to reach Upper Mystic Lake for the first time in decades the Mystic River Watershed Association launched a volunteer herring count in collaboration with Mass DMF. Dozens of volunteers visit the dam to make 10-minute sampling counts of fish passing into Upper Mystic Lake every daylight hour from April to June, and the data are used to estimate the total number of fish passing through the fish ladder.

River herring first return to freshwater to reproduce at age 3 or 4, when they are sexually mature. When the first cohort of fish born in the newly expanded freshwater habitat reached reproductive age and returned for the first time to Mystic Lakes in 2015, volunteer counts showed that the population of fish loyal to the Mystic River had doubled (Figure 1). And numbers continued to climb over the next few years to an estimate of as many as 780,000 fish in 2019. This is a remarkable success story: the single intervention of a fish ladder at Mystic Lakes doubled — and even tripled — a significant wildlife population. For a sense of scale: 780,000 of these foot-long fish end-to-end would stretch 150 miles!

In-person monitoring was called off in 2020 because of COVID, but there is evidence from our (separate) video monitoring system and from around the state that river herring populations suffered declines from the effects of drought in 2016-2017, when conditions led to fewer juveniles surviving to maturity that year because of dried up streams, higher water temperatures, and other factors. So, in 2020, river herring counts on rivers were dramatically down all across Massachusetts, and fisheries scientists attribute this to those drought conditions three years earlier. The latest estimate from 2021 represents an apparent increase in the Mystic population from the previous year, and this is what we might expect. Recoveries take time. There is every reason to expect that the number may well recover to

What would it take to make another leap in the population of fish that migrate up the Mystic River? The next big lake upstream the next big tract of potential breeding habitat for river herring the Mystic system

is Horn Pond in Woburn. In the past few years, volunteers at Horn Pond too have been counting the comparatively fewer fish that are able to currently enter that lake. We now have three years of data from Horn Pond. We also have four years of video monitoring from Center Falls Dam in Winchester, where another fish ladder — made possible by the advocacy of residents and public funds — makes it possible for fish to pass through the center of Win-

Center Falls Dam and Horn Pond Herring Counts 100000 Center Falls Dam Horn Pond 50000 2019 2018 2021 2018 Data source: MassDMF, MyRWA

chester and on toward Horn Pond.

Given the means, river herring will swim many miles inland seeking suitable (and uncrowded) habitat to spawn. But some stay back to utilize the breeding habitat downstream. So, we see more fish at Mystic Lakes than at Center Falls, and more fish passing at Center Falls than make it into Horn Pond.

The big promise of Horn Pond is the fish passage that will be designed and built in the next 2-3 years, funded by federal grants and the City of Woburn. We know now that fish try to get into Horn Pond. This year there were dozens of reports of hundreds and even thousands of fish at the base of Scalley Dam at Horn Pond on many different days. Mass DMF has worked to make the current small bypass stream at the outlet of Horn Pond accessible to river herring, and some fish obviously find their way. But we know many more do not pass that point, and return downstream.

Money from two federal environmental damages settlements — including from famous Superfund cases in Woburn - will bring millions of dollars of investment in building a fish ladder at Horn Pond. Fisheries scientists believe this will expand the population of river herring in the Mystic system even further.

Will the Mystic herring run reach a million fish? Will next year be the biggest year yet? Stay tuned for more data from a remarkable urban wildlife migration.

In the meantime, you can learn more about volunteer opportunities to participate in our in-person and video counting programs. We are currently seeing volunteers to help us monitor the herring migration in 2022: details and registration here.

All the data collected about the river herring population on the Mystic River is thanks to the work of volunteer community scientists. This public knowledge is generated by residents of the watershed.

Bridge to help connect Wilmington, Woburn and Reading

TRUCK FROM PAGE 1

typical cross section will consist of two 11-foot travel lanes in each direction, 5-foot outside shoulders, and 5.5-foot sidewalks."

project extended from nity and state became \$23.5 million to \$34.2 mil-

Not cheap...

The City of Woburn and the MassDOT's Highway Division Project Eligibility Notification in the contract dates back to June Some 10 bidders on the 14, 2007 when the commuserious again over the need for the rebuilding.

In the contract, MassDOT will provide construction oversight on the project.

The City of Woburn, however, is responsible "for any and all design required of the Project, including construction phase services, in accordance with terms and provisions of the Proposed Eligibility

Notification."

The City of Woburn is also going to be responsible for any and all maintenance of the facilities included in the project after the completion of the proj-

However, during construction, MassDOT shall be responsible for the total

participating contract bid price plus project costs "up to an including ten percent (10%) for additional work necessary to complete the original scope of he participating work."

However, there is a provision in the contract that MassDOT that shows that for MassDOT.

MassDOT was "necessary solely due to MassDOT's construction oversight as determined solely by MassDOT."

The actual formal contract was signed by Woburn Mayor Scott Galvin and Acting Chief Engineer Carrie Lavallee, PE

Book Stew Review

'Greenwich Park' by Katherine Faulkner

By EILEEN MACDOUGALL

As close to perfect as a domestic thriller could be, the author mixes pregnancy, adultery, sexual assault, women's friendships, and gaslighting into a riveting mélange of class warfare.

At first there seems to be little connection between the perspectives of the three narrators, but after Rachel, a wild young woman, shows up drinking wine and smoking cigarettes at Helen's prenatal class, the

strands begin to converge.

Helen and her husband Daniel are finally hopeful, after four miscarriages; Helen's brother Rory and his wife Selena are due at the same time; and childhood friend Katie, now an investigative journalist, becomes involved when covering a rape case in the wealthy neighborhood that echoes one that ended in acquittal 10 years before.

The outcome is so satisfying that the reader might punch the air in





TOWN OF WINCHESTER

DEPARTMENT OF PUBLIC WORKS (Full-Time Position 40 Hours)

The Town of Winchester seeks a qualified candidate for a Special Equipment Operator position available at the Department of Public Works in the Water & Sewer department. This is a union position under the Service Employees International Union (SEIU Local 888) Complete job description is available online at www.winchester.us. Qualified applicants must pos sess a CDL with Airbrake Endorsement and a 2A-4E attachment Hydraulic License and have considerable knowledge of the mechanics and operation of heavy automotive equipment. Hiring range is \$24.63/hr

HIRING RANGE IS \$24.63/HR - 26.75/HR. Please submit a completed application,

letter of interest and resume to:

Human Resources Town of Winchester 71 Mount Vernon Street Winchester MA 01890

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Ads

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781-933-3700

781-438-1660

978-658-2346

SMALL ADS BRING BIG

RESULTS!!

no later than March 31, 2022 The Town of Winchester is an equal opportunity employed

THE GABLES AT WINCHESTER

FIVESTAR SENIOR LIVING

THE GABLES AT WINCHESTER. Independent and Assisted Living Community is searching for the following team members whose caring attitude skills, and energy will enrich our team while allowing you to make the most of your abilities.

FRONT DESK

(Saturday Night Overnight) 11 p.m. - 7 a.m.

ACTIVITY ASST. (Part Time 20 Hours Per Week)

Waitstaff 3 p.m. - 7:30 p.m.

https://careers.fivestarseniorliving.com/

or apply in person interviews on the spot The Gables at Winchester 299 Cambridge Street, Winchester, MA 01890 781-756-1026

Company helps bring donation boxes

TRUCK FROM PAGE 1

treat others the way you would want your grandmother to be treated.

For Bush, it's not just a company philosophy but also her personal philosophy that people want to do business with companies who they see supporting the community.

"It really fills your cup when you get to go and be a part of things like this," she added.

She mentioned that one of the franchises where she directs marketing supported another Cheeriodicals event for veterans at the Ann Arbor VA Medical Center in Michigan a few years back.

TWO MEN AND A TRUCK is currently in the middle of their annual Movers for Moms program, where they partner with local women's shelters leading up to Mother's Day. This is another community service project they do in honor of their founder and as part of their core value to give back to the community.

In 2019, the Wilmington franchise location collected donations at 350 businesses in Wilmington, Tewksbury, and Andover for things like socks, toiletries, and sleeping bags. This year will be their 15th year participat-

TWO MEN AND A TRUCK has 380 locations and 3,000 moving trucks driving through 46 U.S. states, Canada, Ireland, and the UK. The company gives one percent of their previous year's revenue every year in free moving services to organizations in the surrounding communities of their franchises.

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CHITTICALLE.



Wilmington resident

Hassell awarded Best in Show in juried student art exhibition

WORCESTER — Wor- student Ashley Hassell '22 cester State University's Visual and Performing Arts Department announ-

Wilmington Sons of Italy &

has been awarded the Best in Show for her painting titled "After Red ced that Wilmington native and Worcester State

Cups and Tulips by Janet
Fish" in the Mary Cos-

grove Dolphin Gallery's juried Student Art Exhibition.

The biennial show features an extensive variety of art by more than 70 Worcester State students. Hassell's painting was one of three works recognized at the Gallery's opening reception for the exhibit on March 3, 2022. Awards donated by C.C. Lowell Art Supply of Worcester were also given for the Best in Show and Juror's Choice from Kristen Sciascia, owner of C.C. Lowell and Worcester State alum; Stacey Parker, Worcester

State Professor of Art and Gallery Director; and Brad Chapman, Gallery Assis-

The show, which is free and open to the public, runs through March 24 during Gallery hours (Thursday and Friday 11 a.m. to 5 p.m. and Saturday 1 to 5 p.m.) or by appointment by contacting the Gallery at 508-929-8651 or Gallery@worcester.edu. The award-winning works and a variety of exhibition highlights will continue to be accessible via the Gallery's website: https://wsuvpa-

gallery.weebly.com/student-exhibition-2022.html

About the Visual and **Performing Arts**

Department The Worcester State Visual and Performing Arts Department offers interdisciplinary and specialized artistic education that prepares students for professional lives in the arts. Its educational spaces encompass the Fuller Theater, practice rooms for music, and art studios at the University's Sagamore Studios. VPA students gain in-depth knowledge of their preferred art form - art, music, or theatre - plus an understanding of what the arts have in common, and how they are performed and exhibited in the real

Learn more at www.wor cester.edu/VPA or connect with VPA on social media: Facebook/VPAat WorcesterState, Twitter and Instagram @WSU-VPA. Follow our blog, The Artful Lancer, at WSU-VPA.wordpress.com or subscribe to our YouTube channel, search WSU VPA.

Prezioso named to Dean's List at SUNY Delhi

DELHI, NY - SUNY Delhi is proud to recognize Anthony Prezioso of Wilmington for their acabeing named to the dean's list for the fall 2021 semester. Prezioso is pursuing a degree in Residential Construction at

the college.

The dean's list is a recognition of students who enrolled in six or demic achievement and more credits and earned a 3.5 or higher grade-point average for the semester. SUNY Delhi's hands-on approach to teaching and

learning includes over 60

academic programs in as master's degrees in a specialized areas, including applied technologies, nursing, hospitality, veterinary sciences, applied sciences, business, and liberal arts and sciences. SUNY Delhi offers certificates, associate degrees, bachelor's degrees, as well

combination of on-campus and online settings.

Enrolling over 3,000 students, SUNY Delhi is a member of the State University of New York. For more information about SUNY Delhi, call 607-746-4000 or visit delhi.edu.





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